

# AMAZING Wellness

COMPLIMENTS OF  
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Diet Gets an  
Upgrade

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HACKS  
TO TRY NOW

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NATURAL  
WAYS  
TO EASE  
SYMPTOMS

**Plus! PALEO VEGAN  
RECIPES INSIDE!**



CLEAN  
*tastes*  
BETTER



## *Garden of Life® Introduces New RAW Protein & greens™*

Have you ever had the chance to pull ripe, fresh organic produce out of clean, organic soil, give it a gentle bath in clean, pure water and then eat it right away?

If you have, you already know that clean tastes better. Not to mention that clean is teeming with whole food co-factors and nutrients your body craves.

That's the premise behind our new RAW Protein & greens—clean tastes better!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## Breaking it Down

Delivering 20 grams of clean, organic protein per serving, the unique protein blend in RAW Protein & greens is comprised of six healthy, organic plant proteins, sourced from our family of organic farmers. This blend includes organic pea, organic sprouted brown rice, organic chia, organic lentil bean (sprout), navy bean (sprout) and garbanzo bean (sprout).

Along with 20 grams of protein, this dynamic protein blend provides all essential amino acids, is a great source of fiber and offers healthy amounts of omega-3s and B vitamins while being easily digestible.

## Putting in the Green

Most people don't sit down and eat a full plate of veggies every day—that's why we've made it easy for you. Our blend of six, energizing, organic greens and veggies includes organic alfalfa grass juice powder which has six times the nutrient density of whole leaf grass. Our freshly juiced greens are then



low-temperature dried, maximizing and locking in their organic goodness.

Also included in the greens blend are organic spinach, organic kale, organic broccoli, organic carrot and organic beet, all grown on a four-generation, organic family farm. Harvest occurs at the peak of freshness and ripeness—then the produce is gently flash frozen to lock in the nutrients. But we didn't stop there!

Because digestive and immune system health is so important to overall wellness,<sup>†</sup> we've also included 1.5 billion CFU live probiotics from *L. plantarum* and *L. bulgaricus*, 13 Non-GMO enzymes and 3 grams of fiber in RAW Protein & greens.

## Traceability

Garden of Life® is unique. Our commitment to achieving the most credible third-party certifications offers you traceable proof that when we say "clean," we mean it.

Take a few minutes and research what our certifications stand for. Once

you understand the rigorous processes and time-consuming detail involved, you'll quickly find peace of mind that when you choose Garden of Life, you've chosen to treat your body with nutrition the way nature intended.

## We ask a lot of questions, you should too

When you believe in living an organic lifestyle, one that works to protect the planet, regenerate our natural resources and nourish the body to health and happiness, you tend to ask a lot of questions about where things come from.

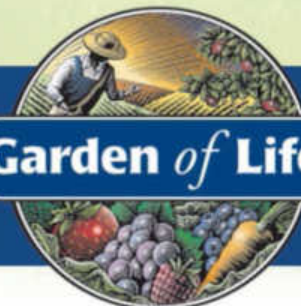
When we asked our customers about some of their favorite Garden of Life products, we saw an opportunity. Most likely, you are not getting your daily intake of colored veggies and greens, so we made it easy for you.

**Like you, we know clean feels better and clean tastes better!**



Empowering Extraordinary Health®

Garden of Life







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Since 1972

# TURMERIC-3™

## JUST THE GOOD STUFF



**Curcuma longa.** is the latin name for Turmeric. This rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. The Turmeric plant can reach up to 3ft tall. The leaves alternate and are arranged in two rows. One of the active ingredients in Turmeric is Curcumin.



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Using carefully-controlled extraction techniques, we capture the holistic balance of each herb and the value is passed on to you, the consumer, who can be assured that the product in your hand is authentic, safe, effective, holistically balanced, and of course...  
**Nature's Answer®.**





# We decided it was time to compare our Turmeric-3™ with other Brands.

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- Desmethoxycurcumin
- Bidesmethoxycurcumin

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serving



## Turmeric-3™

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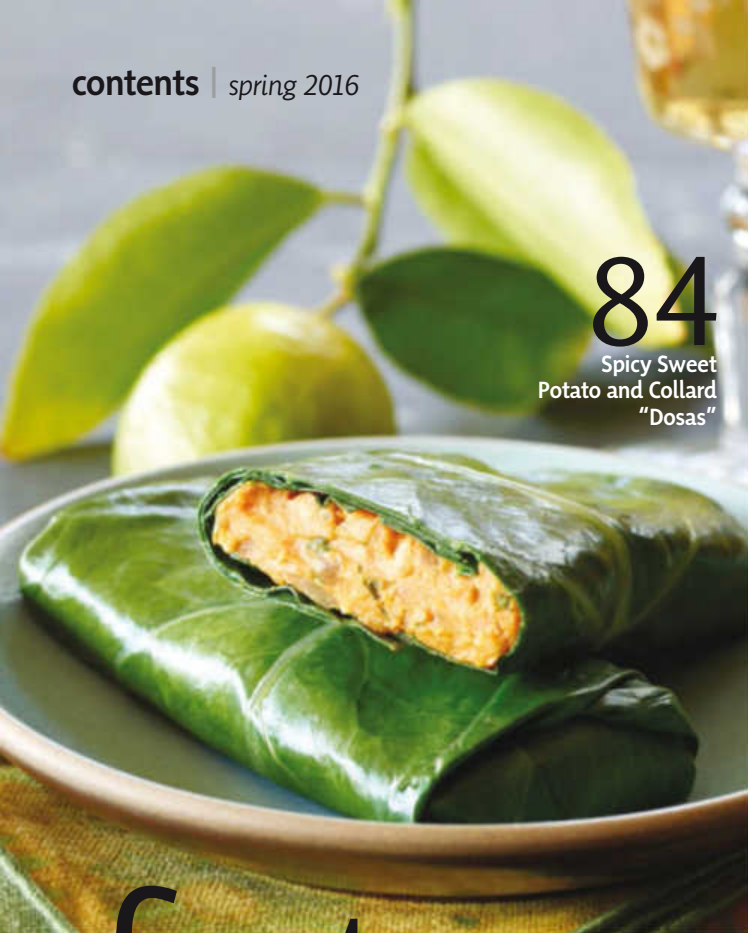
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84

Spicy Sweet  
Potato and Collard  
"Dosas"

# features

## 40 QUICK FIXES

Get healthy, fit, and gorgeous fast with these 43 health and beauty hacks.

## 48 5 SIGNS OF AGING—AND HOW TO HALT THEM

Fight the forces that can make you look and feel older.

## 54 10 WEIGHT-LOSS MYTHS, BUSTED

The best way to lose weight is a hotly debated topic. Here's what really works.

## 64 DIGESTION AND AGING

As we get older, digestive issues tend to become more common. Here's how to find drug-free relief.

28

Sleep more soundly  
with amino acids.



## departments

### 12 AMAZING NEWS

Spotlight on green foods supplements; Pycnogenol for brain health; how probiotics benefit allergies; and more.

### 22 HERBAL HEALING

Top Three Herbs for Men

What every man should have in his medicine cabinet.

### 26 REMEDY 411

SOS for PMS

Women's health expert Emily Kane, ND, LAc, answers important questions about premenstrual syndrome.

### 28 INSIDE SCOOP

Amazing Aminos

How amino acids can reduce stress and anxiety.

### 32 NEED TO KNOW

Keep Your Mind Sharp

Memory-enhancing nutrients for better brain health.

### 36 HEALTH Q & A:

Smarter Fats

Health expert Jonny Bowden, PhD, CNS, defends saturated fats.

### 70 GO AROMATHERAPY

Scents That Slim

How aromatherapy can help you suppress appetite and lose fat.

### 74 NATURAL GLOW

Have a Good Hair Day

Improve the health and beauty of your hair with natural masks.

### 76 BEAUTY INSIDE & OUT

Stretch Mark Smoothers

Natural ways to reduce the appearance of stretch marks.

### 80 FIT & HEALTHY

Marathon Man (and Woman)

Training for a marathon? Read this first.



### 84 HEALING KITCHEN

The Paleo Vegan

Recipes that offer a new take on typical Paleo fare.

### 92 CHECK IT OUT!

See what's hot in supplements right now.



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AMAZING  
**wellness**

## WE ASKED OUR STAFF:

# What's your favorite health, beauty, or fitness hack?

**Editorial Director Nicole Brechka** ... "Using apple cider vinegar as a rinse for shinier hair."

**Creative Director Rachel Joyosa** ... "Olive oil as a make-up remover."

**Editor Ann Nix** ... "Adding collagen powder to face masks."

**Contributing Art Director Rachel Pilvinsky** ... "Coconut oil + baking soda make a great natural deodorant cream."

**Associate Editor Elizabeth Fisher** ... "I use warm coconut oil as a hair treatment. It's lightweight, absorbs easily, and is a cinch to wash out."

**Contributing Editor Vera Tweed** ... "If I don't get enough sleep, I have a hot drink containing freeze-dried calcium, magnesium, and vinegar, and I have a great day."

**Copy Editors James Naples** ... "Aloe vera juice for heartburn."  
**Jerry Shaver**

**Production Director Cynthia Lyons**

**Production Manager Mark Stokes**



### BUSINESS & EDITORIAL OFFICES

300 N. Continental Blvd., Ste. 650 El Segundo, CA 90245

**Vice President, General Manager Kim Paulsen** | [kpaulsen@aimmedia.com](mailto:kpaulsen@aimmedia.com)

**Group Publisher Joanna Shaw** | 303-995-9383 ... "Brewed black coffee tenderizes meat and reduces the need for oil."

**Associate Publisher Bernadette Higgins** | 561-362-3955

**West Coast & Mountain Advertising Manager Cindy Schofield** | 310-456-5997

**National Retail Director Lisa Dodson** | 800-443-4974 x 703

**Advertising Coordinator John Potter** | 812-275-4975

**Digital Advertising Operations Manager Ron Goldy** | [rgoldy@aimmedia.com](mailto:rgoldy@aimmedia.com)

**Chairman & CEO Andrew W. Clurman**

**Executive Chairman Efreim Zimbalist III**

**Executive Vice President & CFO Brian Sellstrom**

**Executive Vice President, Operations Patricia B. Fox**

**Vice President, Controller Joseph Cohen**

**Vice President, Finance Craig Rucker**

**Vice President, Research Kristy Kaus**

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# GOOD EGGS

**R**ead the recently released government “Dietary Guidelines for Americans,” and you’ll notice a change. One big difference in these recommendations versus those of past years is there is no limit on eggs. Past guidelines suggested a daily limit of 300 mg per day of dietary cholesterol (about two eggs).

The government’s expert panel goes so far as to state that cholesterol is no longer a “nutrient of concern,” while it still advocates limiting intake of saturated fat. Egg yolks are high in cholesterol—but not high in saturated fat.

It all gets a little confusing. After all, for years—since the 1960s—we’ve been told to limit eggs in our diets. However, the new guidelines take a vast body of new research into consideration, some of which demonstrates that there is no clear relationship between dietary cholesterol and heart disease risk. And although government guidelines don’t always agree with the alternative health community

and may be influenced by Big Food lobbyists, these new recommendations come a little closer to what many health experts today advocate.

In “Smarter Fats” on p. 36, Jonny Bowden, PhD, CNS, coauthor of the recently released book *Smart Fat*, goes a step further by recommending the consumption of saturated fat—just not the factory-raised kind. He distinguishes between “clean” fats (grass-fed, chemical- and hormone-free animal products) and “mean” fats (non-organic meat products, as well as artery-clogging trans fats).

Where Bowden is in greater agreement with the new government guidelines is in cutting back on sugar, and increasing intake of fruits and vegetables—both in line with his “Mediterranean Diet 3.0” approach to healthy eating. In a nutshell, this is the standard Mediterranean Diet—high in healthy oils such as nuts and olive oil, fish, fruits and vegetables, an occasional glass of red wine—but with more generous amounts of red meat, too, and yes, eggs (free-range and organic, of course).

The new guidelines take a vast body of new research into consideration, some of which demonstrates that there is no clear relationship between dietary cholesterol and heart disease.

**Ann Nix**

EDITOR

[anix@aimmedia.com](mailto:anix@aimmedia.com)

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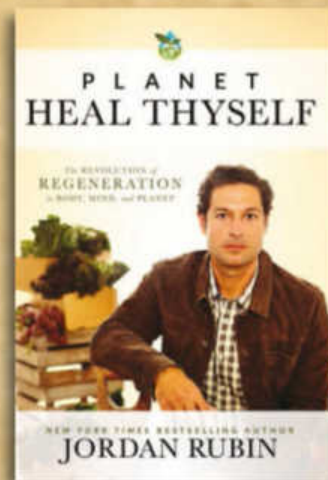
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## 10 PROMISES



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# AMAZING NEWS

By Vera Tweed



## green foods supplements

There are endless options today when it comes to using green food supplements—get tips and explore new uses here

Popeye would be proud. Not only have we embraced his beloved spinach, but we've found dozens of other green foods that help us deal with the Blutos in our lives. Some greens, such as wheat grass, have been popular for decades, while others, such as moringa, are relative newcomers, but all are concentrated food sources that can help overcome a lack of those dark leafy greens we keep hearing about.

### The Common Trait

Although grasses, sea vegetables, algae, and other greens each have unique characteristics, they obviously share one: their color. It comes from chlorophyll, which harnesses energy from the sun and enables them to convert carbon dioxide into oxygen.

Chlorophyll is a major reason why eating dark leafy greens is so beneficial. As a supplement or in concentrated food sources, chlorophyll helps promote healthy blood and a healthy colon, and enhances the body's ability to eliminate toxins. It can also help normalize the overall acid-alkaline balance in your system.

### Types of Green Foods

❖ **CHLORELLA:** A type of algae, chlorella contains high concentrations of chlorophyll and fiber, and together, these help eliminate heavy metals such as mercury and other metals from the body. In one

study, people who took 4 grams daily experienced improvements in cholesterol and blood sugar, and lost some body fat. Another study found improved immunity.

❖ **SPIRULINA:** Another type of algae, spirulina calms inflammation and contains antioxidants. Multiple studies found that taking 1–8 grams daily improved cholesterol, triglycerides, and blood pressure. Other research found that 3 grams daily improved immune function among older people suffering from anemia.

❖ **KELP:** Also a type of algae, kelp is the richest natural source of iodine, necessary for a healthy thyroid and metabolism. In addition, it is a natural diuretic, which helps eliminate excess water and toxins. And, its combination of vitamins and minerals is considered especially nutritive for nails and hair.

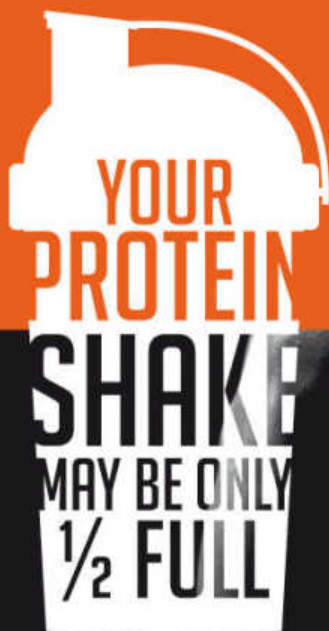
❖ **MORINGA:** This green comes from leaves of the moringa tree, native to parts of Asia, Central and South America, Africa, and Australia. Considered a medicinal plant for 5,000 years in India, moringa can improve levels of blood sugar and cholesterol, fights inflammation and infection, and is good for the liver.

❖ **GRASSES:** Wheat grass shots have been popular for decades, but back in the Depression, dried, powdered wheat grass was used to feed livestock and people, and it enhanced the health of both. Either way, wheat grass delivers concentrated chlorophyll. Other popular grasses include barley, alfalfa, and kamut grasses.

### GREEN WEIGHT LOSS

A Swedish study, published in the journal *Appetite*, found that an extract from spinach leaves (Appethyl), when taken before breakfast, reduced cravings and enhanced weight loss. The researchers believe that the supplement slowed down digestion, allowing more time for the release of hormones that signal we've eaten enough.





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\*70 Test Subjects, 60 days



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## GIVE YOUR PROTEIN MORE POWER

A new study shows a supplement that supports liver detoxification may have a place on protein supplement shelves. The proprietary herbal blend of caper bush (root), chicory seed, black nightshade, arjuna bark, yarrow, *Cassia occidentalis* Linn. (seed), and tamarisk (Himalaya LiverCare) was studied in a clinical trial in which waste from trial subjects was collected on four random days over a period of 60 days. Nitrogen excretion (an indicator of protein loss) was measured. Those taking LiverCare showed decreased excretion of nitrogen. The study concluded the LiverCare group versus the placebo group was creating more protein based on nitrogen retention.

## Food and Drink for Athletes

Eating dark chocolate can boost performance and drinking pomegranate juice can reduce damaging oxidation related to exercise, according to two separate studies. These were therapeutic daily amounts:

- ❖ 40 g (about 1.5 ounces) of **dark chocolate**
- ❖ 200 ml (about 6.5 fluid ounces) of **pomegranate juice**



## STINK: THE REAL STORY OF TOXINS

Imagine unwrapping a new pair of PJs for your 8-year-old daughter and being hit with an unbelievable stink. That's exactly what happened to Jon Whelan, a single father of two, and the experience prompted him to produce STINK, an award-winning documentary that chronicles his quest to discover the source of that awful smell.

Neither the store that sold the PJs nor any government agency could shed any light. Whelan had to spend about \$500 on lab tests to find the stinky source: carcinogenic flame-retarding chemicals. And he learned other disturbing facts, such as:

- ❖ Flame-retarding chemicals in kids' PJs are not regulated.
- ❖ There are only about 10 chemicals that are legally banned from personal care products in the United States, compared to roughly 1,400 in the European Union.
- ❖ Existing laws don't require disclosure of many toxins in household and personal care products.
- ❖ The chemical lobby is out of control.

"Companies aren't breaking the law," says Whelan. "The law is broken." After a fruitless Freedom of Information request, he learned that even the FDA can't find out what exact toxins are in products.

### HOW TO PROTECT YOURSELF

"Fragrance" is the single biggest loophole, because components of it can be deadly but legally not disclosed. Either choose unscented products or those with a natural scent, clearly described on labels and manufacturers' websites. Whenever possible, Whelan recommends shopping in health food stores for anything you use to clean, launder, freshen air, or put on your skin, hair, or nails.

"Health food stores are providing a filter, doing the hard work of curating products that are not toxic," he says.

To watch STINK (highly recommended), visit [stinkmovie.com](http://stinkmovie.com).



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Digestion



Fermenting foods before you eat them is like partially digesting them before consuming them. This is critical because after the age of 40, your pancreas loses approximately 20-30% of its ability to produce digestive enzymes and by the age of 70 the pancreatic function diminishes by approximately 66%.

Eating fermented foods introduces beneficial bacteria in the gut as well as digestive enzymes, which helps you absorb more of the nutrients in the foods you eat.

Fermented foods help restore the proper balance of good bacteria in the GI tract. It also increases the bioavailability of the nutrients in the food. Thus, you derive greater levels of nutrients in an easily digestible form, while also increasing the

number of beneficial bacteria consumed. Fermentation also helps break down the cellular walls in vegetables making the nutrients, vitamins, phytonutrients, antioxidants and minerals much easier to absorb. This process creates beneficial enzymes, B-vitamins, vitamin K, omega-3 fats and various strains of probiotics. In a nut shell, fermenting vegetables predigests the vegetables, increases the nutrient content in the food and enables you to absorb the nutrients better.

*New York Times Bestselling Author and Medical Doctor, Dr. Don Colbert says, "This product is a one-of-a-kind. I understand the power of fermented foods and the important role it can play in our health. I formulated Green SupremeFood because I wanted to supercharge my patients gut health."*



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## eggshells help joints



Among the many joint formulas out there, MSM, SAM-e, glucosamine, and chondroitin have been well studied, according to Jason Theodosakis, MD, clinical associate professor at the University of Arizona in Tucson and a pioneer in the use of natural joint remedies. In addition, he says, "Studies show that a single, 500-mg daily dose of natural eggshell membrane, shown as NEM on labels, is enough to improve joint comfort and flexibility in as quickly as 7 to 10 days." Since each individual's body chemistry is unique, different remedies work better for different people, and NEM, he suggests, is one to try.

## ANTIDEPRESSANTS DOUBLE AUTISM RISK

Although the causes of autism are not fully understood, a review of more than 145,000 pregnancies, at the University of Montreal in Canada, has found that antidepressants can play a major role. "Our study has established that taking antidepressants during the second or third trimester of pregnancy almost doubles the risk that the child will be diagnosed with autism by age 7, especially if the mother takes selective serotonin reuptake inhibitors, often known by the acronym SSRIs," says Anick Bérard, PhD, co-author of the study, which was published in *JAMA Pediatrics*.

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## BAD NEWS about heartburn drugs

Proton pump inhibitors, a popular class of over-the-counter and prescription heartburn drugs that reduce stomach acid, are linked to increased risk for chronic kidney disease, according to a study that tracked more than 250,000 people for six or more years. The study, published in *JAMA Internal Medicine*, also noted that up to 70 percent of such drugs may be overprescribed.

Earlier studies also found the drugs could damage kidneys, as well as depleting magnesium levels and increasing risk for fractures, serious infections, and heart disease. Such drugs include Nexium, Dexilant, Prilosec, Zegerid, Prevacid, Protonix, Aciphex, Vimovo, Prilosec OTC, Zegerid OTC, and Prevacid 24HR.

Natural remedies offer safer relief. They include chewable DGL (Deglycyrrhizinated Licorice), about 15 minutes before a meal; digestive enzymes taken with food; and probiotics. Eating smaller meals, more often, and drinking liquids about a half-hour before or after meals, rather than with food, can also help. *Editor's note: See p. 64 for more on digestive health.*

## THE "HEALTHY" FOOD TRAP

Food labeled "healthy" tends to convey that it isn't filling, and may lead to bigger portions and weight gain, according to research at the Cornell University Food and Brand Lab. The study, published in the *Journal of the Association for Consumer Research*, also found that when packaging expresses "nourishing" (rather than "healthy"), food is perceived to be more filling, delivering satisfaction with smaller portions and fewer calories.



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## Surprising Benefits of Aerial Yoga

Aerial yoga delivers heart-healthy benefits, including improved blood pressure, cholesterol, and cardiovascular fitness, enough to reduce risk for heart disease by 10 percent after a six-week program. In a study for the American Council on Exercise, researchers were pleasantly surprised to discover these results, because the practice does not include high-intensity movements. Rather, it follows Hatha yoga principles with an innovation: circus hammocks to lift all or part of the body off the floor.

An earlier study of traditional Hatha yoga found that while it improved strength, flexibility, balance, and relaxation, it did not burn a significant number of calories or have a marked effect on the heart, because of its low intensity.

In studies, here's how calorie-burning compared, for a 50-minute workout:

- ❖ **Traditional Hatha yoga:** 144 calories
- ❖ **Aerial yoga:** 320 calories



For more information on aerial yoga and where to find classes, visit [aerialyoga.com](http://aerialyoga.com).

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Live images of blood plasma show high concentrations of candida yeast (dark blotches).\* Participant suffers from fatigue, poor memory, vaginal itching, abdominal discomfort and poor sleep.



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**SPECIAL REPORT**

# The Youth Hormone...

*Everyone's talking about it. But can it really reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give you plenty of energy, get rid of wrinkles, and tighten saggy skin?*

**Barbara just had another birthday.**

She watches her diet, exercises when she can, and is in pretty good shape. In fact, she could be the poster child for the "Fountain of Youth" headline we see on the covers of fashion mags around the globe. What's her secret? It's not just the occasional Botox, peel, or filler, or even her assortment of skin creams that could rival the anti-aging section of your local Sephora. Barbara, who was always "cutting edge," has become a believer in what is fast becoming the most popular (if not the most expensive) anti-aging treatment in the USA... Growth Hormone Therapy.

*i* t seems everyone is talking about human growth hormone lately. *Shape* magazine began a recent growth hormone article with the provocative lead-in: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-Aging Special" issue, highlighted growth hormone as its year-end call-out. *Fox News*, *The Today Show*, *CNN*, *ABC*, and *CBS* have all contributed to the current frenzy.

**VANITY FAIR says:** "A 20-year-old produces more than twice as much hGH as [she] will when [she's] 40... hGH, by turning back the body clock, turns back the aging process."

## U.S. Patent Update: “Even the United States Patent Office has added to the SeroVital mystique by issuing not one but **eleven** U.S. Patents protecting the SeroVital formula from imitators.<sup>‡</sup>”

### Why all the fuss?

Simple. hGH disciples... and to many like Barbara, hGH therapy is truly a religious experience... believe hGH can help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give them plenty of energy, get rid of wrinkles, and tighten saggy skin... making them look and feel decades – not years, but decades – younger. Celebrities, CEOs, Wall Street execs, models, housewives, athletes, and even some high-ranking politicians all seem to be drinking from the same pitcher of Kool-Aid. There's no doubt about it; in our current fast-paced, “youth-oriented” culture, hGH therapy is hot.

### The controversy

The controversy isn't over whether or not hGH plays an essential role in our health and aging (virtually everyone already agrees on that). Instead, the controversy lies in the best way to maintain our body's supply of human growth hormone. Until recently, most felt the best way was through expensive prescription injections (although costs can run as high as \$1,500 per month). However, some experts argue against the use of these synthetic injections, because they fear introducing synthetic hGH into the body may upset natural hGH production.

### The breakthrough

Because of growth hormone's potential, researchers have spent the last thirty years searching for a reliable, clinically proven way to promote pituitary health, thereby increasing human growth hormone levels naturally. So it's no surprise

that when an oral compound capable of increasing mean, endogenous, bioactive, serum (blood) growth hormone levels... by 682%... was presented at the prestigious Obesity Society's most recent Scientific Meeting in Atlanta, Georgia, The Academy of Women's Health's 21st Annual Congress in Washington, D.C., and then again at The 9th World Congress of Cosmetic Dermatology held in Athens, Greece, it created a serious stir.

**SHAPE says:** “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow.”

### The revolution

The formula that was the subject of these research findings is now being sold by SanMedica International™ under the trade name SeroVital.® But when it was disclosed on national television that “a recent study of amino acids saw their hGH levels spike more than 6 times...” and the United States Patent Office issued not one but **eleven** U.S. Patents<sup>‡</sup> to protect the oral compound from imitators, you can imagine the frenzy that ensued. Before long, SanMedica was having trouble keeping SeroVital in stock. It went

from underground sensation to full-blown phenomenon.

Thanks to the release of SeroVital, the hGH revolution has finally arrived. Now that there's an easy-to-swallow capsule that can raise growth hormone naturally, an awful lot of people have stopped asking *if* they should be increasing their hGH levels and started asking which hGH-boosting option is right for them.

### Is it worth it?

To me, anything that may reduce wrinkles, tighten saggy skin,

decrease body fat, increase lean muscle mass, strengthen bones, and boost mood, while giving you plenty of energy and improving sex drive, is a no-brainer. However, make no mistake about it, the “established” medical community (and of course, they know everything) would say its benefits are largely anecdotal, and based on research that's preliminary. But there's no denying that something that has a chance of making you look and feel decades, not years, but DECADES, younger, is... at the very least... irresistible. Frankly, I'm ready to try it... How about you?



**RETAILERS say:** “Frankly, we haven't seen this much customer excitement in years.”

### So what's the catch?

Dr. Amy Heaton, PhD, Director of Scientific Affairs for SanMedica International, says: “There are three. First, as with hGH injections, SeroVital is not a ‘magic bullet,’ but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

“Second, for proper absorption, you have to take SeroVital-hgh on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal, before you go to bed.

“And last but not least, while SeroVital is far less expensive than prescription hGH injections, it's still not cheap... SeroVital will cost you about \$100 a month.”

### Where can I get it?

Having a hard time finding SeroVital-hgh? It's currently available on a limited basis at prestige retailers across the U.S.

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For more information on SeroVital, contact SanMedica International at 1-800-535-4178 or visit their website at [www.SeroVital.com](http://www.SeroVital.com).



# TOP THREE HERBS FOR MEN

What every man should have in his medicine cabinet **By Karta Purkh Singh Khalsa, DN-C, RH**



A 2015 study found that active constituents in ginseng had significant benefit for ED in men with diabetes.

minerals, was tested among people who complained of daily fatigue. Those taking the supplement demonstrated improved energy, better concentration, and less anxiety.

A recent study tested whether ginseng extract would influence exercise-induced muscle damage and inflammation responses. Male college students took either ginseng or a placebo, and then performed a high-intensity uphill treadmill running task. In those taking ginseng, inflammation markers were significantly decreased during recovery, suggesting that ginseng could reduce exercise-induced muscle damage.

Ginseng is generally indicated for daily, consistent use in moderate doses. Do not use ginseng as a short-term stimulant. Ginseng and other adaptogens work best after long-term (one – three months) use by regulating hormone levels and other biological functions to protect us against the damaging effects of chronic stress,” says herbalist Christopher Hobbs, author of *The Ginsengs*. A typical dose is 4,000 – 6,000 mg per day.

Eleuthero, a distant relative of *Panax ginseng*, has been used in Chinese medicine for 2,000 years. Eleuthero, also called Siberian ginseng, has been

shown to enhance physical performance in several studies. Research shows it has antioxidant, immune-boosting, and cholesterol-lowering properties. A study in the *Journal of Ethnopharmacology* concludes that the active constituents, eleutherosides, alleviate both physical and mental fatigue.

Use 2-3 grams per day of powdered root in capsules.

## ASHWAGANDHA

Ashwagandha (*Withania somnifera*), used widely in Ayurvedic medicine, holds a similar role to that of ginseng in Chinese medicine. Though unrelated to ginseng, it appears to share similar properties and actions. Ayurveda considers this herb to be a *rasayana*, or particularly powerful rejuvenative. The name ashwagandha means “like a horse,” connoting that it is regarded as a premier sexual tonic.

Ashwagandha’s reputation as a sexual enhancement herb is supported by research. One animal study showed that extracts of ashwagandha increased production of sex hormones and sperm, presumably by exerting a testosterone-like effect. In another clinical trial, the herb (taken at a dose of 3 gm per day for 1 year) was given to healthy male adults 50 – 59 years of age. Among benefits noted: serum cholesterol levels decreased, gray hair was reduced, and a vast majority (over 70%) reported improvement in sexual performance.

Ayurveda uses ashwagandha for

**H**erbal remedies seek to nourish, restore, and balance body functions that have been bruised by the ups and downs of daily life. Symptoms of “bruised” body functions (typically thought of as aging) range from arthritis to fatigue to cognitive decline, and can take their toll on anyone and everyone.

These three versatile herbs, used for centuries in Chinese and Ayurvedic medicine, have a variety of health benefits for both men and women. However, they work in several ways to address health issues of top concern to men, such as erectile dysfunction (ED) and high blood pressure, and I believe they should be a part of every man’s long-term plan for overall health.

## GINSENG

With wide-ranging action, ginseng (*Panax ginseng*), also called Asian ginseng, has been shown in human studies to have an anti-stress effect; improve physical and mental performance, memory, and reaction time; and to enhance mood. Ginseng increases physical working capacity in humans in many ways, including by stimulating the central nervous system, and regulating blood pressure and glucose levels. A 2015 study found that active constituents in ginseng had significant benefit for ED in men with diabetes.

In another study, a preparation of Asian ginseng, vitamins, and

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general debility and exhaustion, memory loss, nerve diseases, cough, anemia, and insomnia. Modern clinicians are likely to prescribe it for chronic fatigue, anxiety, insomnia, and heart and vascular disorders, often combined with arjuna bark extract.

A 2015 study of healthy young men engaged in resistance training found that ashwagandha resulted in significant increases in muscle mass and strength. The researchers concluded that the herb may be useful in conjunction with a resistance training program.

A typical dose is 1 gm per day, taken over long periods—up to many years—as a rejuvenator.

Larger quantities (1–10 gm per day) are often used in Ayurveda short term for acute conditions.

### HAWTHORN

Keeping your blood pressure under control is critical. Hawthorn (*Crataegus monogyna*) may help reduce resistance in arteries and improve circulation throughout the body. Several studies have shown that hawthorn extracts benefit blood pressure, including a British study that successfully used hawthorn to lower blood pressure in diabetics.

Hawthorn is widely regarded in Europe as a safe and effective treatment for a variety of heart and circulatory disorders.



A 2015 study of angina patients showed lowered risk of atherosclerosis and heart problems after 12 weeks of taking hawthorn extract.

The plant contains an assortment of bioflavonoid complexes responsible for the actions of this herbal medicine. The berries have been used tradition-

ally, but research confirms the content of active ingredients in the plant as well.

A usual dose is 80–300 mg in capsules, two to three times per day. As a tincture, take 4–5 ml three times daily. If you are using the berry in capsules or tea, the recommended dose is 4–5 grams per day.

**Karta Purkh Singh Khalsa, DN-C, RH**, who specializes in Ayurveda and herbalism, has more than 40 years of experience in holistic medicine. His website is [kphkalsa.com](http://kphkalsa.com).

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# SOS FOR PMS

Women's health expert Emily A. Kane, ND, LAc, answers your questions about PMS **By Jennifer Martin**



It is theorized that one of the reasons women live longer than men, on average, is because they have a built-in detoxification mechanism called menstruation. Women shed their uterine lining every month. The rise and fall of estrogen and progesterone allows for ovulation and the building of the uterine lining.

## What causes PMS?

The menstrual process may become impaired by any extra toxic load in the body. Toxins can wreak havoc on hormonal balance.

Most molecules in your body are either fat- or water-based. Hormones are fat-based molecules, and unfortunately, fat-based toxins are difficult to detoxify. The body cleanses itself mostly with water, and water isn't enough when it comes to getting rid of hormone-disrupting toxins.

## Is it common for PMS symptoms to get worse with age?

Yes, PMS often gets worse toward the end of the menstrual years. One reason for this is that progesterone levels decline in the later part of the fertility

years. Progesterone is a progestational hormone that supports the development of the fetus. Estrogen builds the "nest" and promotes ovulation. Less progesterone equals relative estrogen dominance.

## What is estrogen dominance?

Estrogen dominance is characterized by more aggressive behavior, heavier bleeding, tender breasts, easier weight gain, water retention, bloating, anxiety or panic attacks, crying for no reason, carbohydrate cravings, headaches, acne, cold sores, asthma attacks, sinus congestion, and increased seizure rate. Taking natural progesterone can help balance all these crazy symptoms, but so can cleaning up your lifestyle and avoiding endocrine disruptors such as soft plastics, chemicals, drugs, pesticides, and GMOs.

## What are endocrine disruptors?

Endocrine disruptors are environmental chemicals—including DDT, DDE, PCB, PCP, and chlordane—that are hard for the body to break down; in most cases, they are stored in fat cells rather than being eliminated. They're known to mimic estrogen in the body and are a major factor in estrogen-

related health problems such as PMS, breast cancer, and low sperm counts.

## What supplements can I take to ease PMS?

You can supplement with indole-3-carbinol (I3C) or DIM (a byproduct of I3C). This beneficial ingredient found in cruciferous vegetables helps rid the body of toxins, including excess estrogen. Supplements designed to assist with hormone balance may contain I3C, DIM, or a combination of the two. Eating more cruciferous vegetables such as broccoli can also be beneficial.

Vitamin B6 (50 to 100 mg daily) and magnesium—in combination—can be a miracle cure for PMS; a deficiency of these nutrients is strongly implicated in PMS. To figure out your optimal dose of magnesium, start with 500 mg at bedtime, and gradually increase until you have an easy-to-pass bowel movement at least once daily.

Women with PMS are often low in zinc, especially when carb cravings are present. Zinc can also help reduce the production of prolactin, a stress hormone; take 30–50 mg daily.

Supplements that improve

methylation (one of the body's detoxification methods) will naturally decrease PMS symptoms. Some of the best nutrients for this are MSM, melatonin, CoQ10, carnitine, SAME, vitamin B12 (the methylcobalamin form), curcumin, and 5-MTHF (an easier-to-absorb form of folic acid).

Some of my favorite herbs for PMS include dong quai, licorice, black cohosh, and vitex (chaste tree berry), all of which mostly work by improving adrenal function (adrenal health is fundamental to hormone regulation), blocking excess estrogen, and improving progesterone production.

According to some research, iodine may help to alleviate painful breast swelling before and during your period. Iodine deficiency has been linked to fibrocystic breasts, a common, often painful condition that can also be aggravated by caffeine.

**Editor's note:** For more information on Emily A. Kane, ND, LAc, visit [dremilykane.com](http://dremilykane.com).

**Jennifer Martin** is a freelance writer based in Los Angeles.

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## *“Look Youthful, Look Beautiful, Look Healthy with Smart Choices”*

You don’t look this youthful, beautiful, and healthy at 61 without making some very smart choices. For this, Christie relies on both her own instincts and advice from experts in the fields of nutrition, exercise, and supplementation. That’s why Christie eats healthy foods and gets in 10 to 20 minutes of exercise a day. Christie also knows the right supplement can work wonders. And that’s why she takes BioSil every day. “I am amazed at the results I see in my skin, hair, and nails!” Why BioSil? Simple...

### **Christie: “Gain Back Your Collagen and Keep It!”**

Christie understands that collagen “plumps” your skin and makes it smooth and youthful looking. In addition, she knows collagen gives your skin its vital elasticity. What’s more, collagen is responsible for helping to make your hair thicker and stronger. It makes your nails stronger too. Christie chooses BioSil, because it’s clinically proven to activate the enzymes that generate collagen.<sup>†</sup> BioSil helps you regain lost collagen and add new collagen.<sup>†</sup> Plus, BioSil protects both your new and existing collagen from breakdown due to the age-related rise in levels of homocysteine, the body’s anti-collagen amino acid.<sup>†</sup> That makes BioSil one very smart choice!

### **Christie: “I Like Knowing it’s Collagen with My Own DNA Fingerprint!”**

BioSil is not “made out of collagen,” it “generates collagen” through your body’s own natural pathways.<sup>†</sup> That means the collagen you add is collagen with your own DNA fingerprint. That’s why BioSil helps you look beautiful, youthful, and healthy – naturally!

### **Christie: “I Appreciate the Scientifically Valid Clinical Trials”**

BioSil employed the double-blind, placebo-controlled clinical protocol, the gold standard in clinical trials. The trials are conducted on the actual product, BioSil, not a “key ingredient.” The results are based on calibrated scientific measurements, not personal opinion. And the results reported are all statistically significant, meaning the results came from taking BioSil, not some outside factor.

See Christie’s list of food choices and exercise routines

[www.BioSilUSA.com/AWE316](http://www.BioSilUSA.com/AWE316)

### **Christie: “No Animal By-Products, That’s Extremely Important to Me”**

“I am a vegetarian. And I’ve spent a lifetime helping to protect the wonderful creatures who’ve been on the earth longer than we humans. That’s why I’m very happy BioSil contains no animal parts whatsoever.”

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# AMAZING AMINOS

Discover how amino acids can help bust anxiety and boost your mood **By Vera Tweed**

**W**hen we think of amino acids, mood may not be the first thing that comes to mind. After all, they're the building blocks of protein. However, certain aminos, including theanine, tyrosine, tryptophan, and 5-HTP (a derivative of tryptophan), can have calming, energizing, or mood-enhancing effects.

"There are certain neurotransmitters that are kind of like the brake, that make us feel calm, more at ease, and comfortable in our own skin. And there are ones that are like the gas, that make us more alert, focused, and energized," says Steven Ehrlich, NMD, medical director of Solutions Acupuncture and Naturopathic Medicine in Phoenix. "When either the gas or the brake is out of balance, you feel off."

## THE BENEFITS OF A HOLISTIC APPROACH

Specific amino acid supplements influence neurotransmitters, but in a gentler way than antidepressant or anti-anxiety drugs. And, they are best used

as part of a holistic approach that entails looking beyond the obvious symptoms to treat the underlying source of the problem.

With patients, Ehrlich uses urine tests to measure neurotransmitter levels, but he also looks for underlying factors. "Is the cause your diet? Toxic relationships? If that's the case," he asks, "are you just going to try to mask it with a natural medicine as opposed to a pharmaceutical medicine?"

For instance, a diet high in refined, sugary foods and drinks can trigger wild fluctuations in blood sugar that may underlie mood swings. It can also deplete the adrenal glands, leading to a low mood because it's impossible to muster enough physical and mental energy to get through the day. In such cases, the first step would be correcting your diet.

In some cases, says Ehrlich, there is a genetic abnormality that prevents folate from being absorbed. (Folate levels can be tested.) Because the vitamin is needed to produce serotonin,

a deficiency can lead to depression. Taking an activated form—5-MTHF—can remedy this issue.

## 3 AMINO ACIDS THAT CAN HELP

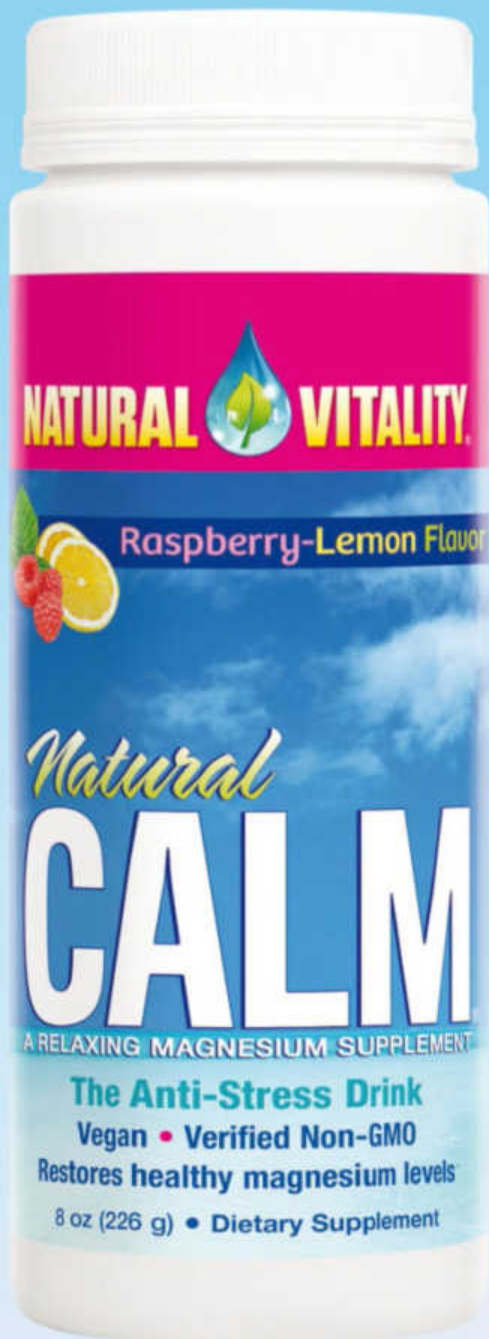
❖ **THEANINE** It has a calming effect on the nervous system. Studies have found that 200–400 mg daily

calms anxiety and other symptoms of stress. It also enhances the ability to focus, improves sleep, and quickens reaction time without unwanted daytime drowsiness. A patented form, called Suntheanine, has been widely studied and is found in a variety of brands.

Specific amino acid supplements influence neurotransmitters, but in a gentler way than antidepressant drugs.



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Studies have found that both tryptophan and 5-HTP help improve sleep when taken at night.

❖ **TYROSINE:** It increases mental get-up-and-go and the ability to focus, and can help clear brain fog. In one study, tyrosine enhanced the ability to solve puzzles. Spinach, eggs, dairy products, soy foods, lima beans, pumpkin and sesame seeds, and fruit are good food sources. Tyrosine supplements should be taken 30 minutes before meals.

❖ **TRYPTOPHAN AND 5-HTP:** An amino acid found in food, tryptophan is converted by the body into 5-HTP, and then into serotonin. So while tryptophan and 5-HTP produce the same result, tryptophan takes longer to get there (not necessarily a bad thing, says Ehrlich). Studies have found that, in addition to relieving depression, both amino acids help improve sleep when taken at night. For mood benefits, studies have used 3–6 grams daily of tryptophan. And for 5-HTP, try 50 mg, one to three times daily, on an empty stomach.

*Vera Tweed is the author of Hormone Harmony and The User's Guide to Carnitine and Acetyl-L-Carnitine.*

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# KEEP YOUR MIND SHARP

Five memory-enhancing nutrients for a better brain **By Jack Challem**

**W**e all have our “senior moments,” such as when we can’t find our car keys. As we get older, everyone experiences some degree of age-related memory loss. That’s normal and nothing to worry about. However, mild cognitive impairment (MCI) is more serious because it is a prelude to Alzheimer’s disease, the most severe form of dementia.

## GETTING TESTED

Are your memory and cognitive function substantially worse than they are for most people your age? Is your memory loss serious enough to disrupt

your daily life? Do you have difficulty planning or solving problems? If you do, make an appointment with your doctor or a neurologist for an assessment.

## THE CAUSE

Officially, there’s no known cause for MCI and Alzheimer’s disease. But head injuries, poor nutrition, vitamin B12 deficiency, elevated blood sugar, and inheriting the APOE4 gene can increase the risk of memory and other cognitive problems.

## CONVENTIONAL TREATMENTS

To improve your memory, try these simple techniques to train your brain: make lists, repeat a person’s name when you’re introduced, look at the surroundings where you’ve parked your car. Some drugs can slow the progression of MCI and Alzheimer’s disease, but they cannot reverse these diseases.

**Ginkgo biloba extracts can improve memory and cognitive function in people with dementia.**

## COMPREHENSIVE TREATMENTS

A study at the University of California, Los Angeles, found that a broad lifestyle modification program successfully reversed MCI. The program included eating more fruits and vegetables; avoiding simple carbohydrates, gluten, and processed foods; taking fish oils, vitamin D, coenzyme Q10, and methylcobalamin B12; adopting stress-reduction techniques; getting adequate sleep; and engaging in regular exercise.

## EATING TIPS

The Mediterranean Diet is good for your brain as well as your heart. A 2015 study found that adopting a Mediterranean-style diet, with either ample amounts of extra-virgin olive oil or nuts led to improvements in attention, short-term memory, and mental flexibility.

## SUPPLEMENTS

Several supplements have been shown to help memory and cognitive function.

- ✦ **DHA.** Docosahexaenoic acid (DHA), one of the two principal omega-3 fats, can improve memory, but it won’t help if you don’t take enough. Researchers recently analyzed 15 studies on DHA and memory. In their report in the journal *PLoS One*, they concluded that the greatest memory improvements occurred in people taking at least 1,000 mg of DHA daily. Other



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## need to know

studies have shown similar benefits. **Dose:** Take at least 1,000 mg of DHA daily.

### ❖ PHOSPHATIDYLSERINE.

Supplements of this brain chemical have been found to help numerous cognitive problems, including poor memory and MCI. An article in the *Journal of Clinical Biochemistry and Nutrition* reported that daily phosphatidylserine supplements for six months led to significant improvements in memory. Another study showed impressive benefits—a 42 percent increase in word recall after just six weeks of taking phosphatidylserine. Other studies have found that phosphatidylserine improves moods, and might even ease feelings of depression. **Dose:** Take 100 mg once, twice, or three times daily.

### ❖ GINKGO.

Two recent medical journal articles confirmed that *Ginkgo biloba* extracts can improve memory and cognitive function in people

### healthy tip!

Found in red grapes, resveratrol activates the age-slowng Sirt1 gene.

with dementia. A standardized extract was used in these studies. Ginkgo will likely help with MCI and people whose dementia is related to neurovascular problems. **Dose:** The ideal daily amount is 240 mg of the EGb761 extract of ginkgo.

### ❖ B VITAMINS.

In a study of 266 elderly men and women with MCI, researchers found that a B-complex supplement prevented the further decline of the subjects' ability to plan, organize and prioritize tasks. But better results might be achieved by combining B vitamins with omega-3s, according to a study at

Oxford University. The B vitamins slowed brain atrophy (a hallmark of Alzheimer's risk and disease) by 40 percent, but only in people who had high blood levels of the omega-3s. **Dose:** Opt for a high-potency B-complex supplement.

### ❖ RESVERATROL.

Found in red grapes, red wine, and Japanese knotweed, resveratrol activates the age-slowng Sirt1 gene. It might also rejuvenate the brain, according to a recent study. Researchers asked 46 middle-aged and elderly men and women to

take either 200 mg of resveratrol or placebos daily for 26 weeks. By the end of the study, people taking resveratrol had better word recall, and tests showed they had increased the number of connections between brain cells. **Dose:** Take at least 200 mg of resveratrol daily.

## For Alzheimer's Prevention, Strange Is Good

*Huperzia serrata* may sound more like a deadly virus than a brain-boosting supplement, but don't let the odd-sounding name scare you off. Fact is, the *Huperzia serrata* plant, which is also called Chinese Club Moss, has been used in traditional Chinese medicine for centuries to treat everything from inflammation to blood disorders. Research has shown that an extract of *Huperzia serrata* (Huperzine A) helps preserve levels of acetylcholine in the brain and acts as an antioxidant. Why is it important to preserve acetylcholine? High concentrations of it are found in the brain and liver. In the brain, this compound targets the frontal lobe—the area responsible for problem solving, attention, and concentration—and works in a number of ways to boost brainpower.



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# SMARTER FATS

**Q:** First they say butter and eggs are bad, now I hear they're good. What's the truth? — Jaime P., Syracuse, NY

**A:** Nutrition and dietary advice are constantly evolving, leaving consumers annoyed and confused. But with all the controversies and debates about everything from raw food to Paleo, there's been one diet plan that just about everyone has endorsed over the past 40 years: The Mediterranean Diet.

There are a couple of problems, though, starting with the fact that the so-called "Mediterranean diet" is a catch-all term that has never been very well-defined and quantified. The Mediterranean pattern of eating tends to feature a lot of legumes, vegetables, fish, olive oil, and fruit, and is believed to be low in saturated fat and animal products—but who really knows what specific elements of the diet are responsible for the health benefits?

What's more, the health benefits may not be nearly as huge and global as we've been led to believe. A number of studies have shown that the Mediterranean Diet beats the heck out of the low-fat diet or the typical American diet, but honestly, that's setting the bar pretty darn low—just about any diet will beat the American diet or the typical low-fat diet.

## SORTING FAT FROM FICTION

Which brings me to my newest book, *Smart Fat*. Recently, a reporter asked me to describe in a few words

the premise of the book, co-authored with Steven Masley, MD, LLC, the full title of which is *Smart Fat: Eat More Fat, Lose More Weight, Get Healthy Now!* I thought for a moment, and then found myself answering with a phrase I hadn't ever used before, but which I now think sums up the Smart Fat program very effectively: Mediterranean Diet 3.0.

The Smart Fat program builds on a lot of the staples of the Mediterranean Diet—legumes, beans, vegetables, fish, fruit—but updates it with the latest science on fat, grains, and inflammation.

We now know—from three major peer-reviewed meta-analyses published in the last five years in prestigious journals like the *Annals of Internal Medicine* and the *American Journal of Clinical Nutrition*—that saturated fat does not cause heart disease, and that there's no reason to avoid fat just because it's saturated (more on that in a moment). We also know that inflammation is one of the major promoters of every



Coconut oil is loaded with antimicrobials like lauric acid and caprylic acid.

degenerative disease (from heart disease to obesity to cancer) and that over-consuming two widely promoted elements of the "Mediterranean Diet"—grains and vegetable oils—is like throwing kerosene on the fires of inflammation.

## GOING AGAINST THE GRAINS

So the Smart Fat program is not heavy on grains. It doesn't prohibit them, but it definitely cautions against overconsumption. Grains are generally high-glycemic, contributing to hormonal imbalance and insulin resistance, and—in the case of the large number of people who are gluten-sensitive or intolerant—much worse.

The Smart Fat program is also not heavy on vegetable oils, which is predominantly

made up of omega-6 fats. We now know that the balance between omega-3 and omega-6 fats is critical for human health. The ideal ratio between the two is around 1:1, but research shows that our reliance on vegetable oils for just about everything has wound up producing a typical intake of 16:1 in favor of the pro-inflammatory omega-6s. When the ratio skews heavily toward omega-6 fats, as it does in the typical American diet, it fans the fires of inflammation.

Finally, the Smart Fat program accepts the notion of "good fat" and "bad fat," but defines those terms differently from the way they are conventionally defined. Traditionally, we've come to think of "bad" fats as saturated fats, especially saturated fats from animals,

did you know...

The balance between the intake of omega-3 and omega-6 fats is critical for human health.

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while we've come to think of "good" fats as those that come from vegetable oils. We believe that definition is wildly past its sell-by date.

In our view, fats can be divided into three categories: Bad (or toxic) fat, neutral fat, and smart fat. And which category a fat falls into has absolutely nothing to do with whether it comes from an animal, or whether or not it's saturated.

### ALL MEAT IS NOT CREATED EQUAL

Let me explain. When we eat meat from factory farms—also known as CAFOs, or Concentrated Animal Feeding Operations—we are eating meat from cattle that have been fed antibiotics, steroids, and hormones, most of which winds up in their fat. Not only that, but these animals have been raised almost exclusively on grain, which is not their natural diet, and which changes the composition of their fat, making it higher in inflammatory omega-6s and lower in anti-inflammatory omega-3s. The fat from these animals is indeed toxic, but because it's contaminated, not because it's saturated.

Saturated fat from grass-fed animals, on the other hand, isn't toxic at all. Animals that are raised on their natural diet of pasture—and that aren't shot full of hormones, steroids, and antibiotics—are a whole different story. Their fat is higher in omega-3s, lower in omega-6s, and absent the toxic residue from pesticide-sprayed grains. Grass-fed meat is a health food. Factory-farmed meat is a toxic waste dump.

Similarly, saturated fats from plant sources range from neutral (utterly harmless) to downright beneficial. Malay-



Grass-fed meat is a health food. Factory-farmed meat is a toxic waste dump.

sian palm oil is loaded with tocotrienols from vitamin E, which help protect the brain, and with carotenoids, which give the oil its reddish color. Coconut oil is loaded with antimicrobials like lauric acid and caprylic acid. Coconut oil also helps produce ketones, a wonderful alternative source of energy for the brain, heart, and skeletal muscles. And most of the fat in coconut oil is a saturated fat known as MCT (medium chain triglycerides)—the body tends to use MCTs for energy rather than storing them as body fat. (MCTs are the main fat in the high-fat diets given at Johns Hopkins and other mainstream hospitals as a treatment for childhood epilepsy.) These fats are definitely not bad for you and emerging research is showing they

may have significant health benefits.

The Smart Fat program also distinguishes between what we call clean protein and what we call mean protein. Mean protein is the toxic waste dump of animal products just described—meat that comes from animals raised in horrific conditions on huge factory farms. Grass-fed meat, on the other hand, is a health food—a wonderful source of protein without any of the "side dishes" of antibiotics, steroids, and hormones—and there's no reason whatsoever to avoid it or the fat that comes with it.

### FIBER IS YOUR FRIEND

Both the Mediterranean Diet and the Smart Fat program promote high fiber intake. Fiber is one of the best features

of the Mediterranean Diet, and it definitely is retained in our upgraded Mediterranean-based plan. Fiber is associated with controlled blood sugar, healthy levels of insulin, weight loss, and heart health. And while the Mediterranean Diet doesn't make any specific recommendations as far as daily fiber intake goes, Smart Fat recommends 10 servings a day, or roughly 30 grams of fiber. There's plenty of difference between Smart Fat and the Mediterranean Diet when it comes to grains, vegetable oils, and saturated fat; when it comes to fiber, we're completely in alignment.

### THE MEDITERRANEAN DIET REVISITED

Every so often, it's time to revisit some of our ancient nutritional prejudices, such as the ban on saturated fat, the wholesale endorsement of grains, and the recommendation to use vegetable oils for everything. That time has come. Our Smart Fat program takes the best of the Mediterranean patterns—fish, olive oil, vegetables, nuts, legumes, and beans—and modifies it by lifting the ban on clean, healthy saturated fat and clean, healthy animal products, while at the same time limiting the inflammation-promoting elements like vegetable oils and grains.

The result? A basically sound dietary prescription—the Mediterranean Diet—has been tweaked, cleaned up, and upgraded—and in the process, made many times better.

**Jonny Bowden, PhD, CNS** is a board-certified nutritionist and the best-selling author of 14 books. His latest is *Smart Fat: Eat More Fat, Lose More Weight, Get Healthy Now* (written with Steven Masley, MD). Visit him at [jonnybowden.com](http://jonnybowden.com).



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# QUICK FIXES

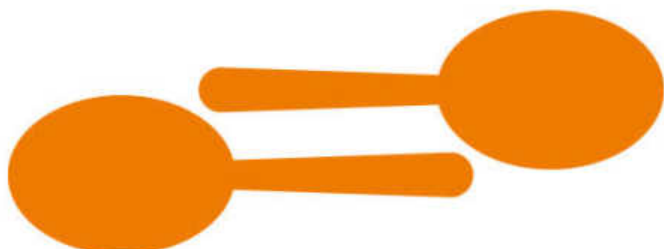
Get healthy, fit, and gorgeous fast with these 43 health and beauty hacks!

By Jenn Rice

Start with small steps. In return, you'll see big results. We tapped three top experts to dish on the best weight loss, beauty, and supplement hacks that will keep you in check. The best part? They involve products you already have lying around your house.

## DIET AND WEIGHT LOSS

Eating well-balanced meals and exercising on the regular are key components to maintaining a healthy lifestyle. Aside from the given, Taz Bhatia, MD, shares a few of her favorite quirky diet tips to help elevate your goals.



### 1 DRINK 2 TABLESPOONS OF APPLE CIDER VINEGAR DAILY.

A 2009 study published in *Bioscience, Biotechnology, and Biochemistry* found that consuming acetic acid, the main ingredient in apple cider vinegar, leads to significant decline in body weight, abdominal fat, waist circumference, and triglycerides after 12 weeks.

### 2 SIP ON GREEN TEA TO CURB SUGAR CRAVINGS.

Picking green tea over coffee is a step toward weight loss. Green tea balances insulin and sugar, while coffee will increase it—resulting in more weight loss and faster metabolism.



### 3 BREAK UP YOUR WORKOUT.

Split your workout—20 minutes in the morning and 20 minutes in the evening. This will rev up your metabolic rate twice per day, keeping it constantly elevated.

### 4 SET KITCHEN RULES.

Keep yourself at least 20 feet from the kitchen after 8 p.m. to prevent snacking.

### 5 WEAR FITTED CLOTHES.

Wear fitted clothes when going out to dinner. Loose clothes can lead to an increase in calorie intake.

### 6 REPLACE DINNER WITH A SMOOTHIE.

Replace dinner with a fat-fighting green smoothie. Try this recipe: Chop one large apple or pear, two stalks of celery, and one cup of watercress or spinach, and whip in blender with a cup of cold water and juice of half a lemon.

### 11 TRICK YOUR STOMACH.

Drink two glasses of water before eating to trick the stomach into thinking it is full.

### 13 EAT COCONUT OIL DAILY.

Consume 1 teaspoon of coconut oil daily—it helps to burn energy!

### 15 USE SKINNY JEANS AS YOUR WEIGHT LOSS MUSE.

Hang your skinny jeans in your pantry for a constant reminder.

### 16 CONVENIENTLY PLACE SNACKS.

Keep a stash of protein, snacks, and water in your car or travel bag and you will never overeat.

### 7 ADD NUTRITIONAL YEAST TO SMOOTHIES.

Add nutritional yeast to your morning smoothie. It aids in metabolism and energy production.

### 8 CHANGE INTO WORKOUT CLOTHES BEFORE LEAVING WORK.

This is a great mental trick to ensure you go straight to the gym rather than changing your mind.

### 9 ADD ESSENTIAL OIL TO YOUR WATER.

Add 1–2 drops of grapefruit or lemon essential oil to your water for appetite suppression.

### 10 USE BLUE PLATES.

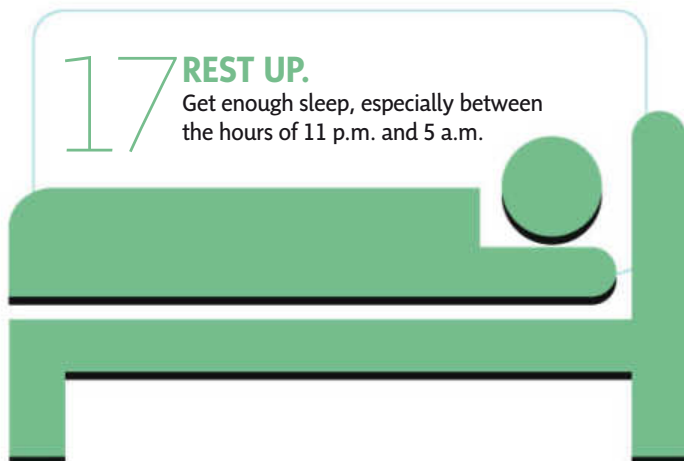
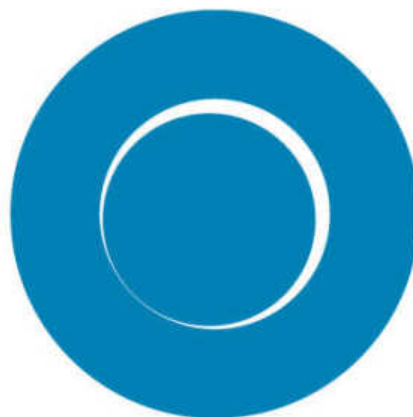
Blue plates suppress the appetite while white plates create a mindless eating effect.

### 12 ADD CUMIN TO VEGETABLES.

Add 1 teaspoon of cumin powder to your veggies for weight loss. Cumin increases metabolic rate.

### 17 REST UP.

Get enough sleep, especially between the hours of 11 p.m. and 5 a.m.



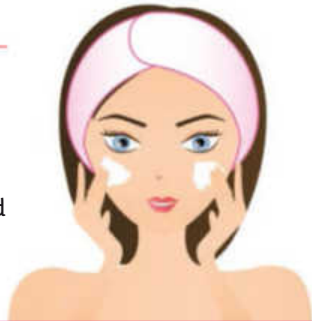


# BEAUTY AND PERSONAL CARE

Looking for a beauty boost? Paige Padgett, green beauty expert and author of *The Green Beauty Rules: The Essential Guide to Toxic-Free Beauty, Green Glamour and Glowing Skin*, has a few tricks up her sleeve that will instantly save face.

## 18 GREEN YOUR ROUTINE.

Check labels on your hygiene, skin care, oral care, hair care, and bath and body products and swap them for natural products.



## 19 PLUMP SKIN WITH HYALURONIC ACID.

Hyaluronic acid holds hundreds of times its weight in moisture and locks it in by creating a barrier. Seek out a natural serum or cream containing hyaluronic acid for instant hydration and suppleness.

## 20 CREATE A NATURAL FLUSH.

Before you leave the house, rub an ice cube over your face (with your makeup on) and gently pat dry.

## 21 SMILE.

It exudes confidence and draws people to you. Studies suggest smiling will lift your mood, reduce stress, and make you appear more youthful even if you have to fake it.

## 22 CREATE HIGHLIGHTS WITH COCONUT OIL.

Emulsify a small pinch on your fingertips then press at the top of your cheekbones for a sexy, dewy glow. Shine your eyebrows with the leftovers.



## 23 SLEEP MORE.

Lack of sleep will leave your skin dehydrated, dull, and wrinkled. It can even make you look 10 years older.

## 24 GIVE YOUR FACE AN INSTANT LIFT.

Press your index finger under the arch of your eyebrows and gently massage in a circular motion. Then pinch your eyebrows between your thumb and index finger.

## 25 ADD LIGHT TO YOUR EYES.

Mix a little gold pigment with a setting powder and draw a half circle from your cheekbones to the top of your eyebrows to bring light to your eyes by creating a soft halo of light.

## 26 STYLE YOUR HAIR BEFORE BED.

Curl your hair using a 1–1 ½ inch iron before you go to bed at night and don't brush out the curls. When you wake up you will have covetable bed-head waves.

## 27 CREATE AN ORGANIC SMUDGY EYE.

Using brown or grey cream eye shadow and your ring finger, apply the shadow on the lower lash line using half-moon strokes and on top of the lid lash line to crease. It looks lived-in and sexy.



## 28 MAKE EYES POP WITH GREEN OR BLUE LINER.

Line your waterline with green or blue eyeliner. It's subtle but will enhance your eye color and make your eyes look really white.

## 29 SOFTEN CALLUSES WITH SHEA BUTTER.

Before bed, apply a generous layer of shea butter to your feet, then wrap them with plastic wrap and put on socks. When you wake up your feet will be smooth.

## 30 MASTER FRENCH TIPS WITH TAPE.

Cover the nail with tape so that only the tip of the nail is exposed. Then paint the tips white and let dry. Once dry remove the tape and apply a clear topcoat.

## 31 ADD WARMTH WITH LIPSTICK.

After you apply lipstick, using your ring finger, tap your lip to grab some color and rub it onto the apples of your cheeks. Do the same thing to your brow bone.

## 32 COVER GREY HAIR WITH EYESHADOW.

Brush on a matte eyeshadow that matches your hair color on top of your grey hair or apply it directly on your scalp to fill in space areas.

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<sup>†</sup>IRI MULO, 52 weeks ending 12/10/15.

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# VITAMINS AND SUPPLEMENTS

Vitamins and supplements have many more uses than you might think. Danielle E. Gran, ND, shares her expertise on how to use them for additional health benefits.

## 33 USE VITAMIN B AS A MOSQUITO REPELLENT.

Try sublingual B vitamins in addition to topical repellents when traveling to a locale where mosquitoes are a problem.

## 35 PAIR VITAMINS WITH THE RIGHT FOODS.

Certain vitamins and minerals are best absorbed when taken with a complementary food. Fat-soluble vitamins (A, D, E, and K) are best absorbed when taken with foods rich in fat, while iron is best absorbed when taken with vitamin C-rich foods or a vitamin C supplement.

## 34 TAKE MELATONIN FOR BONE HEALTH.

Preliminary research suggests that melatonin, the helpful over-the-counter sleep-aid supplement, may promote osteoblast differentiation and induce mineralization of bone.

## 36 TAKE GINGER FOR MOTION SICKNESS.

Instead of Dramamine, which can be sedating, try ginger in all forms to alleviate nausea. Ginger is available as capsules, teas, candies, and gingersnap cookies.

## 39 KEEP TEA TREE OIL AT YOUR SIDE.

Many people are aware of its uses for treating the occasional pimple, but it is also effective for treating athlete's foot, nail fungus, infected piercings, and dandruff. To keep scalp flakes at bay, add a few drops of the essential oil to your shampoo bottle.

## 40 USE PROBIOTICS TO SOOTHE HEARTBURN.

An easy home remedy to soothe occasional heartburn is to mix one teaspoon of marshmallow root powder with a broken probiotic capsule into one cup of applesauce. Eat between meals with the last dose right before bed.

## 42 TAKE FISH OIL TO TAME MENOPAUSAL SYMPTOMS.

The non-hormonal approach to distressing symptoms associated with the menopausal transition, including depression and hot flashes, may lie in your daily fish oil supplement.

## 41 DRINK BLUEBERRY JUICE FOR URINARY TRACT INFECTIONS.

If you run out of cranberry juice, blueberry is a member of the same family. Because they share the same mechanism of action for the treatment of lower urinary tract infections, you can substitute your cranberry supplement with blueberry juice if you do not tolerate the tart taste or if you run out.

## 43 USE OIL OF OREGANO AS A CHEST RUB.

Oil of oregano is a great antimicrobial and antifungal agent found in capsule form at most health food stores. Break a capsule and dilute 1–2 drops with a teaspoon of coconut oil or olive oil to be applied topically to the skin as a chest rub.

## 37 USE CHAMOMILE ON BURNS.

An easy first-aid remedy for a mild burn is to dampen a chamomile tea bag with cool water and apply to the affected area. The chamomile poultice is both soothing and healing to the skin.

## 38 TRY TOPICAL MAGNESIUM.

Since magnesium can cause loose stools when taken orally, try Epsom salt baths or even lotions containing magnesium.



A blurred background image of two people running on a sandy beach. One person is in the foreground, wearing blue shorts, and the other is slightly behind them, wearing light blue shorts. The motion blur suggests they are running quickly.

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\* Based on a double-blind, placebo-controlled study conducted at the University of Connecticut and published in the Journal of Rheumatology.



# All other diets are

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\* The National Weight Control Registry is the largest study of individual's successful long-term maintenance of weight loss.



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# **STOP** THE SIGNS OF **AGING**

AGING IS MORE THAN  
JUST WRINKLES.  
HERE'S HOW TO  
FIGHT THE FORCES  
THAT CAN MAKE  
YOU LOOK AND  
FEEL OLDER

By Vera Tweed





**While older can mean wiser, other effects may be less desirable. But there's hope!**



## **WRINKLES AND SAGS**

Collagen holds the key to supple, youthful skin, because it's our natural "glue" that connects tissues and gives skin its structure. Yet, it's estimated that after the age of 20, our bodies produce one percent less collagen in skin per year. While this may not make much of a difference by our mid-20s or even early 30s, the drop eventually takes a visible toll.

At the same time, UV rays break down collagen, accelerating the process. Sun protection, with sunscreen and clothing, is one obvious way to help preserve collagen, but that's not all.

### **WHAT TO DO**

Studies have shown that collagen supplements boost skin content of collagen, reduce fine lines and wrinkles, and give skin a more youthful appearance. Vitamin C, in supplements and topical products, reduces UV damage and enhances the body's natural production of collagen.

In addition to collagen, ceramides and peptides are a cutting-edge way to improve skin tone and texture. Ceramide supplements, in particular, have been shown to increase the skin's moisture content for smoother, softer skin. Peptides—combinations of amino acids, the building blocks of protein—can help boost the body's own collagen production topically.

Supplements that restore human growth hormone (HGH), which declines with age, are thought to help reduce signs of aging (e.g., wrinkles, mental decline). HGH supplements often include amino acids, which were shown in one study to increase the body's levels of growth hormone naturally. HGH supplements are not the same as growth hormone injections.

For best results, try a two-pronged approach of supplements and skin-care products. Improvements may be visible in days, a few weeks, or over a longer period of time.



## STIFF JOINTS

Anyone with pain in the knees, hips, or back is well aware of a problem. But even more subtle stiffness or achiness—just enough to discourage a weekend hike or tennis game—can lead to a dwindling spiral of deteriorating health.

### WHAT TO DO

If you're generally active, keep up your good habits. Otherwise, find a starting point. If walking is uncomfortable or painful, try water exercise or a stationary bike. Movement improves the flow of blood and nutrients, lubricates joints, and makes them more flexible. Resistance exercise that strengthens muscles reduces pressure on joints—stronger thigh muscles will make it easier on knees, as an example. Yoga or Pilates improves flexibility. And losing even a little weight can do wonders by reducing stress on joints.

Supplements can also help. Curcumin or boswellia reduce inflammation. Glucosamine, a component of cartilage, helps to cushion joints. And MSM, especially when taken with glucosamine, relieves inflammation and pain.



## UNWANTED CURVES

There are certain places where fat tends to deposit as we get older, especially around the middle. Muffin tops can be another undesirable development, and overall weight gain is not uncommon. Being less active is one reason but there's another natural mechanism at play: muscle loss, up to 5 percent per decade after age 30.

Less muscle means you burn fewer calories, lose strength, and get larger in the wrong places, even if your weight stays the same (because fat weighs less than muscle). The only way to stop and reverse the process is with exercise that builds muscle: weight or resistance training.

Hormonal changes also play a role. The human body becomes less able to process sugars and starches, which leads to higher levels of blood sugar and higher levels of insulin, which promotes fat storage and chronic inflammation, and can lead to type 2 diabetes. This can also trigger imbalances in sex hormones among both women and men—and those contribute to more unwanted curves.

Sometimes, the combination of these changes is consid-

ered to be a slow metabolism. There's some truth in that, but it isn't inevitable and can be reversed.

### WHAT TO DO

In addition to doing weight or resistance training, eat more lean protein, fatty fish such as salmon, and non-starchy vegetables, but fewer sugars and starches. Cruciferous vegetables, such as broccoli, are especially good for balancing hormones. Eat organic as much as possible, as toxins are inflammatory and disrupt hormones.

Switching to this type of diet can help you lose weight. Taking chromium, which helps to keep blood sugar at healthy levels, can make a diet more effective, according to Harry Preuss, MD, professor at Georgetown University and author of *The Natural Fat-Loss Pharmacy*. "Chromium is helpful because it switches your metabolism, so that the weight you lose is fat, not muscle," he says.

Other good supplements include fish oil, to reduce inflammation, and indole-3-carbinol (I3C), which is found in cruciferous vegetables, to help keep both women's and men's hormones balanced.

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## FORGETFULNESS

Forgetting where you left your keys or phone isn't necessarily a sign of aging. It could mean an overbooked schedule, an unusually stressful work or life situation, or simply lack of sleep. Memory loss can also be a side effect of some common drugs, including antihistamines, sleeping pills, some antidepressants and tranquilizers, cholesterol-lowering statins, and blood-pressure drugs. And, some people get relief from "brain fog" by eliminating grains.

Nutritionally, lack of good fats or unstable blood sugar can impair mental function. On the flipside, certain supplements have been shown to improve memory.

### WHAT TO DO

Don't panic. Make sure you're eating a nutritious diet with healthy fats from fish, such as salmon, and from avocados, coconut oil, olive oil, or other plant-based fats. And get some regular exercise that boosts your heart rate. A fit brain is part of a fit body.

In addition, consider memory-enhancing supplements. DHA, one of the omega-3 fats in fish and algae, is necessary for healthy brain function and can improve memory. Studies have also found better memory among people taking phosphatidylserine (PS), sage, Pycnogenol, and/or the medicinal mushroom lion's mane. It can take a few weeks, or longer, for the full effects to become apparent.



Nutritionally, a lack of good fats or unstable blood sugar can impair mental function.

## LESS ENERGY

The blood-sugar mechanism that leads to fat storage can also sap energy but age plays yet another trick. Every cell contains mitochondria, microscopic components that generate energy within the cell. As we live longer, the mitochondria become damaged and less efficient, and some may even die off. The net result is less ability to produce energy within each cell. But exercise, especially if it builds muscle, can help reverse the process.

Lack of sleep is an obvious but often overlooked energy zapper. About half of American adults say they don't get enough sleep, according to a survey by the non-profit Better Sleep Council. The most sleep-deprived are between the ages of 35 and 54.

### WHAT TO DO

Researchers at Weill Cornell Medical College in New York discovered that a special form of niacin/vitamin B3, called nicotinamide riboside, revitalizes mitochondria. In animal research, supplements of the vitamin counteracted the bad effects of a high-fat diet and had a beneficial effect similar to that of exercise. This form of B3 (not found in food in therapeutic quantities) is a patented ingredient called Niagen in supplements. However, the Niagen form has, so far, not been tested in humans.

Other nutrients that are known to improve the function of mitochondria—and thereby boost energy—include CoQ10 and carnitine. Also consider supplementing with a mushroom complex that contains cordyceps—this mushroom has been clinically shown to increase stamina and energy.

If falling or staying asleep is a problem, try melatonin (you can divide the dose and take the second half if you wake up and are unable to get back to sleep), L-theanine (an amino acid that promotes relaxation), and magnesium (helps relax the body and supports deep, restorative sleep).

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Amazing Wellness contributing editor **Vera Tweed** has been writing about nutrition, fitness, and healthy living since 1997. She lives in Los Angeles.



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# 10 WEIGHT- LOSS MYTHS

**BUSTED**

THE BEST WAY TO LOSE WEIGHT IS A HOTLY DEBATED TOPIC. ULTIMATELY, YOU HAVE TO FIND WHAT WORKS FOR YOU—AND DISPELLING THESE COMMON MYTHS SHOULD HELP YOU ACHIEVE SUCCESS

By Vera Tweed



## MYTH#1

### JUST WALK FOR EXERCISE

“Walking is a form of transportation and a good place to start, but it is by no means a finish line in your quest to stay young, stay healthy, and be strong,” says Eric Von Frohlich, an expert fitness trainer and cofounder of Row House and other exercise studios in New York City. For a very overweight person, a short daily walk may be the best starting point, increasing distance by about 10 percent each week. But ultimately, everyone needs weight training to strengthen muscles and bones, and cardiovascular exercise intense enough to get the heart pumping.

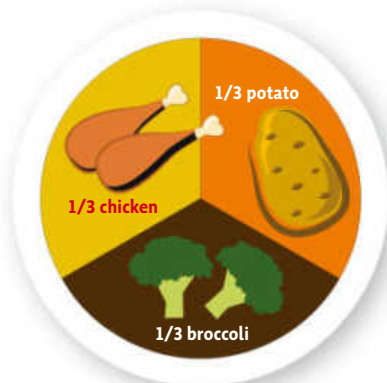


## MYTH#2

### IT'S ALL ABOUT PORTION CONTROL

Eating off smaller plates or constantly trying to stop yourself from eating is not the way to go. “Don’t change the portion, but change the combination of what you’re eating,” says Joe Colella, MD, a weight-loss specialist and author of *The Appetite Solution*. Specifically, replace most (but not all) starchy foods with protein and nonstarchy vegetables. For example:

#### YOUR PLATE NOW



#### YOUR NEW PLATE



Double the amount of chicken, shrink the potato to about one-third the original amount, and fill the rest with broccoli or other nonstarchy vegetables.

#### BREAKFAST

Always include protein, such as eggs or smoked salmon. If you prefer cereal, eat oats or other whole grains, and replace milk with a low-sugar (less than 5 grams), ready-to-drink protein shake.

Needless to say, this means that you should eat meals, rather than snacking at your desk or in front of the TV. But if you eat enough protein and a variety of multicolored, nonstarchy vegetables, snacking urges should take care of themselves—not instantly, but within about a week. If you’re hungry between meals, a ready-made protein shake is a good choice.

“Doubling up the protein and increasing nonstarchy vegetables impacts the way other foods you eat are absorbed and processed, which people don’t think about,” says Colella. “It shifts your metabolism from fat storage into fat breakdown and fat disposal.”

As a rule of thumb for weight loss, Colella recommends eating 1.5 to 2 grams of protein per pound of your ideal weight, and for weight maintenance, between 1 and 1.5 grams of protein per pound.

## MYTH#3

### FRUIT IS OFF LIMITS

Although fruit naturally contains sugar, it also contains fiber and a wide range of nutrients. If you’re eating meals with plenty of protein and vegetables, your body shouldn’t have a problem with the sugar content of fruit, and will definitely benefit from its nutrients, according to Colella.

Refined sugars and starches should not be on the menu. “But the big point is, the elimination of those things starts to happen on its own when you start to put the good things in, in the quantities I’m talking about,” he says.



## MYTH#4

### EAT EVERYTHING IN MODERATION

An NIH-funded study of 6,814 people found the opposite to be true. After five years, waist sizes among those with the greatest diversity of food types were 120 percent larger than among those who ate a narrower range of wholesome foods.

“Americans with the healthiest diets actually eat a relatively small range of healthy foods,” says senior study author Dariush Mozaffarian, MD, at Tufts University in Boston. “These results suggest that in modern diets, eating ‘everything in moderation’ is actually worse than eating a smaller number of healthy foods.”

At Duke University in Durham, N.C., researchers identified the most obesity-promoting foods in diets of more than 4,000 adolescents in the United Kingdom. Liquid calories were the worst. Potato chips, breaded or coated chicken or fish, French fries, processed meats, refined grains such as white bread, desserts, sweets, and milk were other top contributors to weight gain.



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## MYTH#5

### SLOW WEIGHT LOSS IS BEST

Medical guidelines usually recommend a loss of no more than 1–2 pounds per week, but slow weight loss may be less likely to be successful. A study of 200 obese Australians compared a slow diet, cutting 500 calories per day for 36 weeks, and a fast diet of only 400–800 calories daily for 12 weeks. Only half of those on the slow diet lost at least 12.5 percent of their weight, compared to 81 percent on the fast diet. There were no differences in weight regain during the next three years.

Researchers found that fewer people dropped out of the fast diet, likely because quick weight loss was more motivating. In addition, because the very-low-calorie diet contained fewer carbohydrates, it helped to reduce appetite.

## MYTH#6

### YOU'LL BE HUNGRY ALL THE TIME

“The big mistake people make—even many nutritionists, personal trainers, dietitians, and weight-loss doctors—is to tell people to eat a restricted-calorie diet and increase physical activity at the same time,” says Colella. Starting with this combination of a low-calorie diet and exercise will set anyone up for failure because, he says, these are “the two most appetite-stimulating events.”

Restricting calories also impedes production of your thyroid hormones, which slows down metabolism and elevates stress hormones, which, in turn, leads to more fat storage. With that in mind, it's best to begin a weight-loss program by changing the types of food you eat, establishing a healthy eating pattern for a couple of weeks, and then starting a workout regimen.



## MYTH#7

### NO PAIN, NO GAIN

“People think that they have to be tortured to be successful,” says Von Frohlich, but that isn't the case. To improve, you do need to go beyond your comfort zone, but not too far. “You want to work hard enough to get benefit,” he says, “but not so hard that you don't want to come back and do it again the next day.”

On five or six days each week, your routine should include weight training that challenges muscles enough to make them stronger, and short bursts of intense cardiovascular activity, interspersed with moderate intensity. A variety of methods incorporate both types of exercise. The first step is always learning how to do the movement safely and effectively, and then increasing the weight, duration, and/or intensity.

Working with a trainer, one-on-one or in a small group, is a good way to begin or improve a fitness program. And, since consistency is key, it's important to find activities you enjoy.





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## MYTH#8

### YOU HAVE TO GET UP EARLIER TO HIT THE GYM

Many people find it easier to make time for exercise first thing in the morning, but physiologically that isn't necessarily the best time. "We want to be energized when we go into a workout because we'll be able to push a little harder and get more out of it," says Von Frohlich. The peak time of day is different for each person, but for many it's about three hours after waking up. In an ideal world, that would be your best exercise time, but realistically, do it when it's practical—just do it regularly.

If early-morning workouts are best for your schedule, that means going to bed early enough to get enough rest. "Lack of sleep raises your cortisol levels, and that slows down your metabolism," says Von Frohlich. "A slowed-down, depressed metabolism means storing more of the calories that you're eating instead of using them."



## WEIGHT-LOSS SUCCESS STORY

For health professional Cynthia Pasquella, dropping 30 pounds was just the beginning of a journey of self-discovery. **By Jonny Bowden, PhD, CNS**

When you meet and talk to transformational nutritionist Cynthia Pasquella, one of the first things you're bound to notice is the elephant in the room. Like most elephants in the room, no one wants to comment on it, everyone wants to ignore it, but no one can because, well, it's an elephant and it's standing right there so all we can really do is politely pretend not to notice.

The elephant in the room is that Cynthia Pasquella, a nutritionist and instructor, happens to be gorgeous. And, politically incorrect as it might be to mention that, it's actually very germane to our story.

"Do people think it comes really easy for you?" I ask her. "After all, I imagine you work with a lot of people who have been struggling with their weight for a long time. Do they look at you and think to themselves, 'She's probably never struggled with weight, or sadness, or rejection, or cravings a day in her life. How can she possibly understand me?'"

Her response is a lesson in why one should never jump to conclusions based on appearance. You see, it did not come easy for Cynthia Pasquella. Far from it.

"I came from a very abusive background," she answers. "My parents lost a 2-year-old son before I was born. They were angry. They came from families with a long line of abuse, and they passed the tradition on. I was sexually abused. I was addicted to drugs. I had horrible acne. And I was about 30 pounds heavier."

By her early 20s, she was a physical and emotional wreck, and seriously contemplated suicide. Then something happened. She hit rock

bottom. And, in a miraculous moment that people who hit rock bottom sometimes experience, she decided to climb back up. "I decided that suicide and all that wasn't something that happened to me—it happened for me," she said earnestly. "It started me on my path back to health."

Pasquella's way back to health—not just physically, but mentally and spiritually—came via nutrition. Which is precisely why she calls her work Transformational Nutrition. "I realized that nutrition was just the beginning, and that to really create a happy life in which you're at peace with your body and with yourself, you have to do so much more than just follow a diet," she said. "I know from my own personal experience how painful it can be to buy into the whole perfection thing," she explained, adding that following a diet just to have the perfect waistline or to fit into a bathing suit or to snag a partner never makes you happy. And people rarely stick with these kinds of diets for long. "The question isn't so much knowing what to eat," she says. "The question is more what stops people from doing what they know they ought to do."

"I like to play the 'I wonder' game with clients," she continues. "I wonder why you ate that pint of ice cream. I wonder what you were feeling."

Pasquella is quick to point out that she does not accuse her clients. "There's no, 'Why didn't you listen to me?' No 'Don't you know how bad that food is?' Just unconditional acceptance, genuine curiosity, and a desire to understand how we sabotage our own goals," she says. And there is a commitment to empower the people she works with so that they can get out of their own way and experience their own magnificence.

It's a magnificence Pasquella believes every one of us has inside, if we could only stop standing in our own way and get reacquainted with it. "We're constantly outsourcing our nutrition," she points out. "Everyone says, 'Just tell me what to eat,' and from there it's just a short step to 'Just tell me what to do,' or 'just tell me who to be!' And we get so busy trying to be what they say we should be that we don't remember who we really are. We forget about the greatness we have inside us. And when we forget who we are," she adds, "we become very hungry."

"Hungry for what?" I ask her.

"For compassion. For connection. For love and appreciation. We want to feel like we matter."

So for Cynthia, nutrition is just the beginning. "The diet books aren't the problem," she tells me. "We are the problem. And the solution lies in finding out what we're really hungry for."

Cynthia Pasquella trains and certifies health professionals at the Institute of Transformational Nutrition. For more information go to [cynthiapasquella.com](http://cynthiapasquella.com).

# Strawberry Beet Smoothie

Makes about 2 cups or 16 oz. (1-2 servings)

Combine all ingredients, blend until smooth:

10-12 frozen strawberries

1 small or medium raw red beet

2 tbsp. Udo's Choice 3•6•9 Oil Blend

A handful of goji berries (optional)

½ medium lemon (preferably Meyer), juiced

1 tsp. fresh ginger, minced or finely grated

½ cup of cold water

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## MYTH#9

### DIET SODA WILL HELP YOU LOSE WEIGHT

Drinks sweetened with stevia or other natural, sugar-free sweeteners may be a practical option. However, several studies have found that artificially sweetened diet soda promotes weight gain. (The nonprofit consumer advocacy group, U.S. Right to Know, is asking federal regulators to ban the “diet” label on such sodas—see details at usrtk.org.)

On the flipside, the combination of polyphenols and caffeine in tea helps to promote weight loss, according to several studies published in the *American Journal of Clinical Nutrition*. Green and other teas slightly increase the amount of body fat that is used for fuel, and overall, regular tea drinkers have less body fat.

## MYTH#10

### WEIGHT-LOSS SUPPLEMENTS DON'T WORK

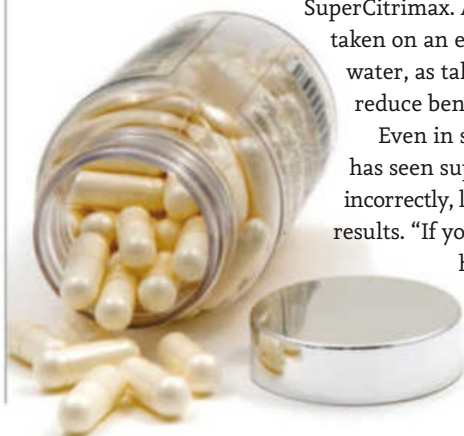
“Supplements are aids,” says Harry Preuss, MD, professor and researcher at Georgetown University, and author of *The Natural Fat-Loss Pharmacy*. Rather than replacing the need for a healthy diet and exercise, they can improve the way food is metabolized and help suppress appetite—if you choose and use them correctly.

Preuss recommends selecting ingredients that have been studied and found to be safe and effective. Product labels and company websites should provide this information, along with a phone number for the manufacturer. If you have questions, ask in-store personnel or call the manufacturer.

Equally important: Weight-loss supplements should be taken as they were in studies that demonstrated effectiveness. This means following usage instructions, including the dose and frequency, with or without food, as recommended. And know what to expect. For example, with HCA (short for hydroxycitric acid, extracted from the Indian tamarind plant, *Garcinia cambogia*), changes in body shape may be noticeable before a loss of pounds during the first couple of weeks, but the scale reading will eventually drop. Preuss recommends a studied form of HCA that is bound with either potassium or magnesium, such as

SuperCitrimax. And, it should be taken on an empty stomach with water, as taking it with food will reduce benefits.

Even in some studies, Preuss has seen supplements taken incorrectly, leading to inconsistent results. “If you don’t comply,” he says, “don’t complain.”



## NEW RESEARCH ON WEIGHT-LOSS SUPPLEMENTS

In addition to *Garcinia cambogia*, the following supplements also boast potential slimming benefits, according to research released in the past year:

• **RESVERATROL:** According to a study published in the *International Journal of Obesity*, mice fed a high-fat diet and given antioxidant-rich resveratrol were better able to convert flabby “white” fat into “brown” fat, which burns more calories, compared to a placebo group.

• **FISH OILS:** Mice fed fatty food plus fish oils gained significantly less weight and fat compared to mice given just fatty food, according to a study published in *Scientific Reports*.

• **PROBIOTICS:** A small study published in the *Journal of Obesity* and involving 20 healthy men showed that those who drank a probiotic-infused milkshake had lower body-mass gain compared to men given a placebo milkshake. Both groups followed a high-fat, high-calorie diet for four weeks.

• **HERBS:** Research presented at a conference of the American College of Nutrition shows that a patented extract of two Eastern plants can enhance weight loss. The extract, called Meratrim, comes from flower heads of *Sphaeranthus indicus* (also called the East Indian globe thistle) and fruit rinds of *Garcinia mangostana* (better known as mangosteen).

*Gymnema sylvestre*, another Eastern herb, is known to bust sugar cravings and reduce high blood sugar levels. A recent study in the *European Journal of Integrative Medicine* found that subjects given the herb for roughly six weeks lowered their blood sugar levels.

—Nicole Brechka and Vera Tweed

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#### Nature's Answer Probiotic Life

Enhance your digestive health, boost your odds of succeeding at weight loss, and enjoy a refreshing lemonade-style drink (it's sugar-free too!).



#### Paradise Herbs Slimming Greens

At 22 calories per serving, this tasty green drink mix is hard to beat: SuperCitrimax is blended with a host of other nutrients, including probiotics.



#### Redd Remedies Crave Stop

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# DIGESTION



# AND AGING

DIGESTIVE WOES  
TEND TO INCREASE  
WITH AGE. HERE ARE  
SOME SUPPLEMENTS  
THAT CAN SOOTHE  
INDIGESTION,  
HEARTBURN, AND  
MORE

By Michael T. Murray, ND

**As many people age,** digestive complaints, particularly heartburn and indigestion, become more common. A handful of key supplements can be extremely helpful for enhancing digestion in older adults. Here's a closer look:

## HYDROCHLORIC ACID

Although most people with indigestion think they have too much stomach acid (hyperacidity), a lack of gastric acid secretion is actually a more common cause of indigestion and heartburn. That's why hydrochloric acid (HCl) supplements help produce complete relief of indigestion in many individuals.

There are many symptoms and signs that suggest impaired gastric acid secretion, including bloating, belching, food allergies, diarrhea, constipation, cracked or peeling fingernails, and iron deficiency. In addition, a number of diseases have been linked with insufficient gastric acid output, including asthma, celiac disease, diabetes, chronic

autoimmune disorders, lupus, osteoporosis, and more.

Since not everyone can have detailed gastric acid analysis to determine the need for HCl supplements, here is one way to determine your perfect dosage:

- ❖ Start by taking one tablet or capsule containing 500 – 600 mg of HCl with a large meal. If it doesn't aggravate your symptoms, try upping the dosage—one tablet or capsule with your first meal, two with the meal after that, three with the next meal, and so on.
- ❖ Continue to increase the dose until you reach seven tablets, or until you feel warmth in your stomach, whichever occurs first. A feeling of warmth in the stomach means that you have taken too many tablets with that meal, and you need to take one less tablet for a meal that size. It's a good idea to try larger doses again with another meal—you want to make sure that HCl caused the warmth and not something else.
- ❖ After you've determined the most you can take with large meals without feeling any warmth, maintain that dose at all meals of a similar size, and take less with smaller meals.
- ❖ When taking a number of tablets or capsules, take them throughout the meal.
- ❖ As your stomach starts producing enough HCl on its own, you will notice that warm sensation again; when this happens, reduce your dosage accordingly.



## DGL FOR PEPTIC ULCERS

DGL is short for deglycyrrhizinated licorice, but I tell people that it stands for Darn Good Licorice. DGL is produced by removing glycyrrhetic acid from a concentrated licorice extract. This particular compound is removed from the herb because it can raise blood pressure in some individuals.

My fondness for DGL is the result of having used it effectively in treating even the most severe peptic ulcers. In fact, I cannot think of a case where DGL did not work. Rather than inhibit the release of acid, DGL stimulates the normal defense mechanisms that prevent ulcer formation. It improves both the quality and quantity of the protective substances that line the intes-

tinal tract, increases the lifespan of the intestinal cells, and improves blood supply to the intestinal lining. There's also some evidence that it inhibits growth of *H. pylori* bacteria.

Numerous clinical studies support the use of DGL as an effective anti-ulcer compound. In several head-to-head studies, DGL has been shown to be more effective than Tagamet, Zantac, or antacids in both short-term treatment and maintenance therapy of peptic ulcers.

The standard dosage is 2–4 chewable tablets (380 mg), taken at least 20 minutes before meals. Taking DGL after meals is associated with poor results. DGL should be continued for at least 8–16 weeks after there is a full therapeutic response.

Most people experience significant relief of ulcer symptoms with DGL licorice, which comes from the herb's root, within 30 days of use.

## DIGESTIVE ENZYMES

Lack of digestive enzymes from the pancreas is another functional cause of indigestion. When heartburn, abdominal bloating and discomfort, and gas occur within the first 15–30 minutes after eating, it's usually due to a lack of HCl secretion. But if these symptoms occur more than 45 minutes after eating, it's usually a sign that you are lacking pancreatic enzymes. Keep in mind that the release of pancreatic enzymes is triggered by the HCl secreted in the stomach, so taking HCl supplements can sometimes lead to improved

release of pancreatic enzymes.

Digestive enzyme products, however, are the most effective treatment for pancreatic insufficiency. These preparations can include enzymes from fresh hog pancreas (pancreatin) or vegetarian sources such as bromelain and papain (protein-digesting enzymes from pineapple and papaya) and fungal enzymes. In my experience, the best results are found from multi-enzyme preparations from vegetarian and fungal sources. They are more resistant to digestive secretions and have a broader range of activity.

## THE IMPORTANCE OF PROBIOTICS

As people age, there are some major changes in the type of probiotics that inhabit the

---

## Fish Oil for IBS

Omega-3 fatty acids, such as those that come from fish oil, may alleviate symptoms of IBS. Ideally, you should have a 1:1 ratio of omega-6 to omega-3 fatty acids. However the average American diet has a ratio of as much as 20:1. Omega-6 fatty acids are found in foods like nuts, seeds, beans, and whole grains. Taking supplements can help you improve your ratio.



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intestinal tract. These changes are the result of many factors, including diet, prescription drugs (mainly history of antibiotic or antacid use), and a decline in digestive secretions. Several recent studies have shown that one of the key goals in older adults is to increase the levels of *Bifidobacteria* species.

Supplementing with *Bifidobacteria* has been shown to produce a multitude of benefits in baby boomers and older adults, including improved bowel function (reducing constipation and/or diarrhea), enhanced immunity, and reduced inflammation. Use a formula that provides a minimum of 3 billion *Bifidobacteria* per dosage.

Supplementing with *Bifidobacteria* has been shown to produce a multitude of benefits in baby boomers and older adults, including improved bowel function (reducing constipation and/or diarrhea).

#### ✦ PRODUCT PICKS



**Arthur Andrew Medical Devigest ADS** helps to relieve gas and bloating with a combination of enzymes that target hard-to-digest proteins such as gluten and casein.



**Enzymatic Therapy DGL Ultra** is a chewable extract of deglycyrrhizinated licorice, or DGL (a.k.a. "darn good licorice"), shown to ease acid reflux and indigestion.



**Enzymedica Digest Gold with ATPPro** takes this popular enzyme formula to a new level with ATPPro, a proprietary blend including ATP, a molecule that aids in the digestive process.



**Natren Healthy Trinity** features three super strains of probiotics: *L. acidophilus*, *L. bulgaricus*, and *B. bifidum*, a combination users say is particularly helpful for heartburn.



**NOW Foods Betaine HCl** combines two enzymes, betaine hydrochloride and pepsin, effective for digestive issues including low stomach acid. "It works!" says one online reviewer.

*Michael T. Murray, ND, is the author of more than 30 books, including The Complete Book of Juicing, Revised and Updated. He is regarded as one of the world's top authorities on natural medicine. Visit him online at [doctormurray.com](http://doctormurray.com).*

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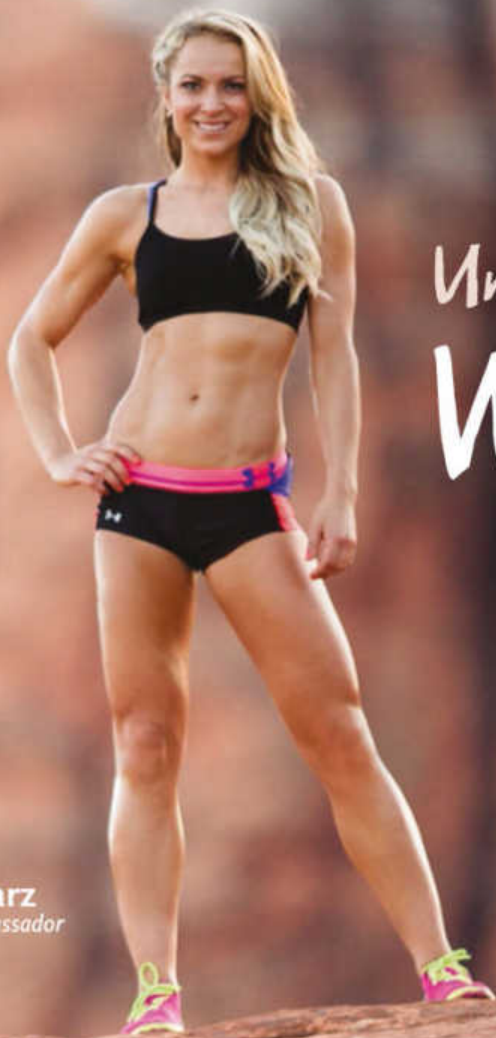
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# SCENTS THAT SLIM

Curb appetite and burn fat with aromatherapy

Excerpted from *Essential Oils for Health* by Kymberly Keniston-Pond, CIR, CFR, CCMA

*did you know...*

A study published in *Experimental Biology and Medicine* showed that the citrus scents of grapefruit and lemon activated the body's ability to burn fat.

**W**hatever your personal dietary goals are, using essential oils will complement and support each stage.

How? Through the use of smell. When we inhale anything, it streams immediately to the limbic system. This, in turn, will make you feel good or bad, bringing back memories wanted or unwanted. That's why many realtors have an apple pie baking in an oven during an open house ... you smell the aroma, feel warm and cozy, and will look at the property with an attitude conducive to making it your home.

Let's examine a few oils and how they can help control appetite. The first is grapefruit, to stimulate the hypothalamus part of the brain; using this oil will diminish any false urge to eat while helping you feel confident and positive. Keep this close at hand for when cravings try to take control, and inhale deeply 3–4 times per nostril.

**Citrus scents, particularly lemon, work to expand feelings of positive energy.**



## Too-Little Appetite?

**These aromas help to stimulate the desire to eat and comfort the soul**

There are times in your life when you just don't want to eat. This can be due to numerous reasons. Illness, medication, poor diet, or depression can add to your loss of appetite. If you haven't really felt like eating in a while, you should speak with a medical professional to ensure there are no serious underlying causes for concern.

When our bodies become dehydrated, we can lose our appetite. So, begin by drinking more water. Choose nutrient-rich foods, and have smaller meals. Take some time to discover what you like to eat and try new flavors. This is a wonderful way to honor yourself!

Aromatherapy can assist you on this journey, by both stimulating appetite and bringing comfort to the soul. Carry an inhaler with you (you can find these at most stores that carry essential oils).

Here's an oil blend recipe that can be added to your inhaler (place directly onto the wick). Keep your inhaler with you as you prepare and eat your meals.

### YUMMIE

- 5 drops lemon (uplifting and energizing)
- 3 drops peppermint (clears stagnant energy, stimulates creativity, supports self-confidence)
- 3 drops ylang ylang (promotes sensual awareness; very relaxing)

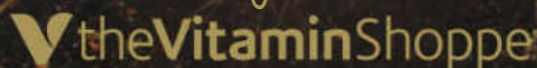


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## go aromatherapy

The more you do this, the better it will work.

A lack of self-confidence and self-worth sometimes weighs on us. These negative energies can sabotage self-improvement. Lemon comes to the rescue, making you feel cleansed and expanding positive energy. This is a good oil to always keep on hand for inhaling when you begin to feel negative about yourself. Just follow the inhalation directions for grapefruit.

A healthy eating program will help rid your body of toxins. When you shower, take a couple gulps of the warm water. Your liver eliminates toxins through the skin. Warm water helps the liver push toxins through your skin while showering them down the drain. Here's a simple recipe using only two essential oils: rosemary and lavender.

### TOXI-GONE

½ cup grape seed oil  
15 drops lavender (supports



**Essential oils tip:** Do not use rosemary oil if you are pregnant and/or nursing, have epilepsy or are prone to any other seizure disorder, or have a fever. You can substitute (same number of drops) with orange (*Citrus sinensis*) instead. Orange has properties similar to rosemary. Make sure that your orange oil is not oxidized (cloudy) as it will make the skin sensitive. Always keep in a dark bottle, refrigerated, with the cap tightly closed.



### healthy tip!

Using a lavender-scented bath oil can support the elimination of toxins and excess fat.

elimination of excess fat)

15 drops rosemary (stimulates liver to support flow of bile; supports metabolism)

Thoroughly blend all oils. After a bath or shower, massage over the body using a circular motion. Can be used up to twice per day.

## Who's Hungry for a Relaxing Bath?

Finally, the evening is here and you can relax. The kids are in bed, and you have the night to yourself. But for many of us, this quiet time can spell disaster when it comes to weight loss. Lounging in front of the TV with a bag of chips or cookies is tempting. How can you undo this type of unhealthy habit? Try something different the next time a case of the munchies strikes: Take a bath, and treat yourself to the restorative benefits of essential oils. Add oils right before you are ready to step into the bath so the running water disperses their aromatic benefits. Here are a few essential oil suggestions for a range of health issues:

- ❖ Physical and emotional support (especially women): **Clary Sage**
- ❖ Decongestant, antiviral, antibacterial, and analgesic: **Eucalyptus**
- ❖ Hormone balance for women: **Geranium**
- ❖ Nausea and better circulation: **Ginger**
- ❖ Antidepressant, antiseptic, antibacterial, anti-inflammatory: **Lavender**
- ❖ Anti-inflammatory, analgesic, cooling (eases itching), fever, decongestant, expectorant, and liver-supportive: **Peppermint**
- ❖ Emotional shock/extreme anxiety or tension: **Ylang Ylang**
- ❖ Premenstrual syndrome (PMS): **Clary Sage, Geranium, and/or Lemon**

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(and nope, that's not a typo)

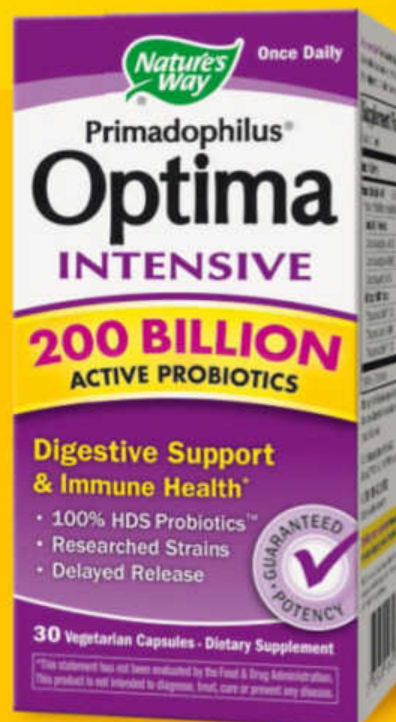
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# HAVE A GOOD HAIR DAY

Improve the health and beauty of your hair with natural masks **By Jennifer Martin**

**Y**our hair takes a lot of abuse—hot tools, color, harsh environmental conditions, even overwashing can cause damage that adds up. Your tortured tresses are crying out for a hair mask!

Masks can give your hair extra oomph and shine, tame frizzies, and help repair split ends. A weekly or even just monthly treatment can result in more manageable, healthier, and more beautiful hair.

Here are two DIY masks you can make at home.

## VOLUMIZING CLAY HAIR MASK

Clay masks are not only wonderful for skin, they also work wonders to plump up and fortify your hair. Utilizing this mask just three times a month will give you a dramatic improvement in your hair's health and texture.

**1 cup bentonite clay**  
**½ cup distilled water**  
**½ cup apple cider vinegar**

**1.** Stir ingredients together in a small bowl until a smooth paste forms. Massage into wet hair and leave on for 15 minutes. Rinse thoroughly, and condition.

*Excerpted from* *Homemade Beauty: 150 Simple Beauty Recipes Made from All-Natural Ingredients* by Annie Strole.

## Miracle Masks

Before purchasing a hair mask, check the ingredients list. Oils such as olive, coconut, argan, and avocado penetrate the hair shaft to reverse damage and add luster, while less desirable oils such as mineral oil can clog pores of the scalp and won't penetrate the hair shaft as its molecules are too large. Tip: Start with clean hair. Product build-up can coat strands and prevent masks from working their magic.

**Earth Science Olive and Avocado Hair Masque** blends olive, avocado, and coconut oils with silk protein that works wonders on dry, damaged, over-processed hair.

## EGG YOLK HAIR MASQUE

This mayonnaise-like deep-conditioning treatment is ideal for dry hair. The cholesterol in the egg helps to strengthen hair, making it less likely to break and dry out. The vinegar balances pH and encourages softness. And the oils deeply condition and nourish hair. This masque can be used once a week or once a month, depending on how thirsty your hair is.

**1 pasteurized egg yolk**  
**3 tsp. apple cider vinegar**  
**¼ cup virgin coconut oil, melted**  
**¼ cup jojoba oil**  
**¼ cup avocado oil**  
**¼ cup rose hip seed oil**  
**¼ tsp. rosemary essential oil**

**1.** Combine the egg yolk and vinegar in a small mixing bowl and whisk. In a second bowl, stir

together the coconut, jojoba, avocado, and rose hip seed oils with the rosemary essential oil. Begin whisking the egg mixture and slowly pour the oil mixture into it as you continue to whisk. The mixture should turn opaque as the oils and vinegar emulsify.

**2.** Apply the fresh masque to damp hair, starting at the scalp. Massage into your scalp gently,

then slowly work down to the ends. Moisten a medium-sized towel with hot water, then wring it out so that it's damp. Pin or tie back your hair, then cover it with the hot towel. Let the masque sit on your hair for 20–30 minutes before rinsing out.

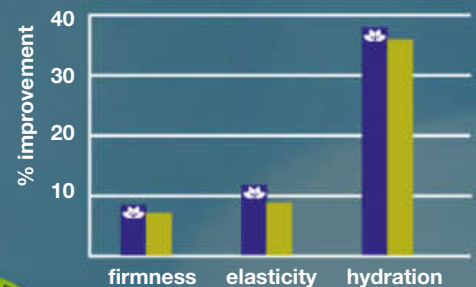
*Excerpted from* *The Natural Beauty Solution* by Mary Helen Leonard.

**Acure Root + Hair Deep Repair Argan Stem Cell + Mint** restores shine and strengthens with nourishing argan oil and CoQ10, and leaves your hair smelling terrific.

**Giovanni 2Chic Blackberry & Coconut Milk Ultra Repair Intensive Hair Mask** hydrates and smooths without weighing hair down with a combination of creamy coconut and antioxidant-rich blackberry.

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# STRETCH MARK SMOOTHERS

Natural ways to reduce the appearance of stretch marks **By Lisa Turner**

**S**tretch marks (striae) are indented streaks that often appear on the abdomen, breasts, hips, buttocks and thighs. They're most common during pregnancy, but can also be caused by significant weight gain or loss, periods of rapid growth (like puberty or weight training), corticosteroids, breast enlargement surgery and certain genetic disordering, including Cushing's and Marfan syndrome. The body's levels of cortisone, a hormone produced by the adrenal glands, can also increase the likelihood of stretch marks.

Generally, stretch marks look like slightly indented or sometimes raised streaks in the skin, especially around the belly, breasts, hips, and thighs; they may also appear as pink, purple or dark red lines. They're not painful or dangerous, but they can interfere with how you feel about your appearance in a bikini.

Stretch marks are usually treated with retinoid creams, which help rebuild the skin's collagen, and can be effective if used very soon—within a few months—after marks appear. Microdermabrasion can remove the top layer of skin and speed new skin growth, and laser therapy can encourage the production of collagen and elastin. But many of these are expensive, can irritate, and if pregnant, can impact baby.

If you're looking for a more natural way to be bikini-ready, try these seven solutions to smooth stretch marks.

## 1. STOP THEM IN THEIR TRACKS.

The best way to treat stretch marks is to prevent them from happening; if you're losing or gaining weight, slow it down if possible. If you're pregnant,

slather your growing belly, breasts, and thighs with oil. Coconut oil, olive oil, shea butter, almond oil, and cocoa butter are among the best; they're deeply emollient and rich in antioxidants to heal skin. Use them straight up, or look for stretch mark lotions and creams that contain those oils, as well as other smoothing agents like elastin, collagen, and soy.

**Coconut oil, olive oil, shea butter, almond oil, and cocoa butter are deeply emollient and rich in antioxidants to heal skin.**

## 2. SLATHER THEM WITH FOOD.

Your kitchen has some of the best solutions. Lemon juice can lighten dark stretch marks; egg whites boost collagen; and potato juice contains a compound called catecholase that helps lighten skin. A number of studies also show onion gel can remove scar-like tissue and may diminish the appearance of stretch marks. If you're not





Sherry Torkos, Pharmacist

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\* McMurdo M.E.T., et al. *Journal of Antimicrobial Chemotherapy* 2009; 63(2): 389-395

\*\* Bohbot J. *The Gynaecologist's and Obstetrician's Journal* 2007. Special Issue from the CCD Laboratory.

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## Onion gel can remove scar-like tissue and may diminish the appearance of stretch marks

interested in smearing onions on your belly, look for scar creams that contain onion gel or extract. And the food you consume is equally important for encouraging skin elasticity. Soy protein, dark leafy greens, and red-orange vegetables promote supple skin. Make it easy: whip up a smoothie with carrot powder, beet juice powder, green foods powder, and soy protein.

### 3. EAT GELATIN.

Gelatin can combat stretch marks by increasing collagen formation and enhancing skin's elasticity. Unless you love bone broth, the best way to increase your gelatin intake is with an unflavored gelatin powder; stir it into juices or smoothies, add to soups and sauces, or make natural, fruit-juice Jello. Look for gelatin from grass-fed cows, and if you have a sensitive digestive system, choose the collagen hydrolysate form. Or take gelatin in capsule form for a fast, easy and transportable solution.

### 4. TAKE ZINC.

Zinc promotes collagen production and is especially important during pregnancy, since an estimated 80 percent of pregnant women have suboptimal zinc levels. It can also be used topically in the form of zinc oxide; look for it in creams and lotions. Other supplements to prevent or treat stretch marks:

- ❖ **VITAMIN C**, to promote the synthesis of collagen and help reduce free radicals, which diminish collagen
- ❖ **VITAMIN A**, to encourage the formation of new skin cells
- ❖ **OMEGA 3**, fatty acids to promote elasticity of skin
- ❖ **LYCOPENE**, to inhibit the breakdown of collagen by blocking the collagenase enzyme

### 5. CHOOSE THE RIGHT CREAM.

Topical creams and moisturizers specially designed for stretch marks can help smooth away existing striations and prevent new ones from occurring. Look

for natural creams that contain skin-smoothing oils like borage seed oil, sweet orange oil, geranium, chamomile, calendula extract, and lavender oil to improve elasticity and diminish the appearance of stretch marks. Green tea, vitamin A, and vitamin C, topically applied, boost skin's elasticity. And look for creams and lotions that contain soluble collagen and hydrolyzed elastin for extra skin-smoothing abilities.

### 6. SCRUB THEM AWAY.

Regularly exfoliating skin removes dead skin cells and encourages the production of new cells, and can diminish the appearance of stretch marks; this works especially well for stretch marks that are slightly raised above the surface of the skin. Make a DIY scrub with sea salt or raw cane sugar mixed with a little olive oil. Or choose a purifying, premade body scrub; look for gentle scrubs made from sugar, salt, or jojoba beads. Sugar and honey also work as humectants, attracting water to the skin and keeping it supple. Healing ingredients like green tea, açai berry, seaweed and clay extracts smooth overall skin and make stretch marks less visible.

### 7. LIGHTEN THEM UP.

If your stretch marks are dark, this may be your best solution; if striations are lighter in color, they'll fade into surrounding skin. Proven skin-lightening agents:

- ❖ **KONICA ACID**, produced by different fungi as a by-product of some fermentation processes, used in many creams to lighten and brighten skin.
- ❖ Dried **MULBERRY EXTRACT** has been shown in studies to visibly lighten skin.
- ❖ **BEARBERRY** is rich in arbutin, a natural skin-lightening compound.
- ❖ **ALOE VERA** has been shown in studies to inhibit tyrosinase, a compound that increases skin pigmentation.
- ❖ **LEMON, LIME**, and other **CITRUS FRUITS** contain hesperidin, a bioflavonoid that lightens skin and also protects collagen.
- ❖ Topical **NIACINAMIDE** improves skin tone and also decreases collagen oxidation and breakdown.

*Lisa Turner is the author of five books on food and nutrition, and the creator of The Healthy Gourmet Phone app. Visit her online at [inspiredeating.com](http://inspiredeating.com).*

Exfoliate with a gentle scrub made from sugar, salt, or jojoba beads.



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- ☐ Pale skin & dark circles under eyes
- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

If you are feeling tired & run-down, Floradix could be the simple solution. Its unique low-dose formulation, with highly soluble iron gluconate as well as whole food concentrates and co-factor B and C vitamins, ensure that it is easily absorbed by the body. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.\*



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# MARATHON MAN (AND WOMAN)

Training for a marathon? Read this first **By Vera Tweed**

**H**ave you ever thought of running a marathon? Races can be strong motivation to stick with a fitness program, accomplish a seemingly impossible goal, raise money and awareness for a worthy cause, or simply make fitness-minded friends. No matter what your current fitness level, here are five things you should know.

## PLAN AHEAD

“It’s not a test you can cram for,” says Janet Hamilton, an exercise physiologist and professional running coach ([runningstrong.com](http://runningstrong.com)) for more than 25 years. “I really encourage people, if they want to train for a marathon, get some miles under your feet first,” she says. “Learn how to run and

understand the strategy of metering out your effort for the given distance.” This holds true for a marathon (26.2 miles), a half marathon (13.1 miles), a 10K (6.2-mile), and a 5K (3.1-mile) race.

## UNDERSTAND YOUR BODY

Training your body for distance running means building what Hamilton calls “infrastructure,” internal components that enable you to perform. “You’re asking your body to make changes on a cellular level, to build more blood vessels, to build more

enzymes, to build more mitochondria,” she says. “These are little cellular changes that have to take place if you’re going to be able to improve as a runner.”

## FIND YOUR STARTING POINT

Whether you’re an avid runner, a couch potato, or somewhere in between, there’s a way to start that’s right for you. If you aren’t already running, Hamilton recommends starting by walking. Work up to walking at least 10 miles a week, and do this consistently for at least a

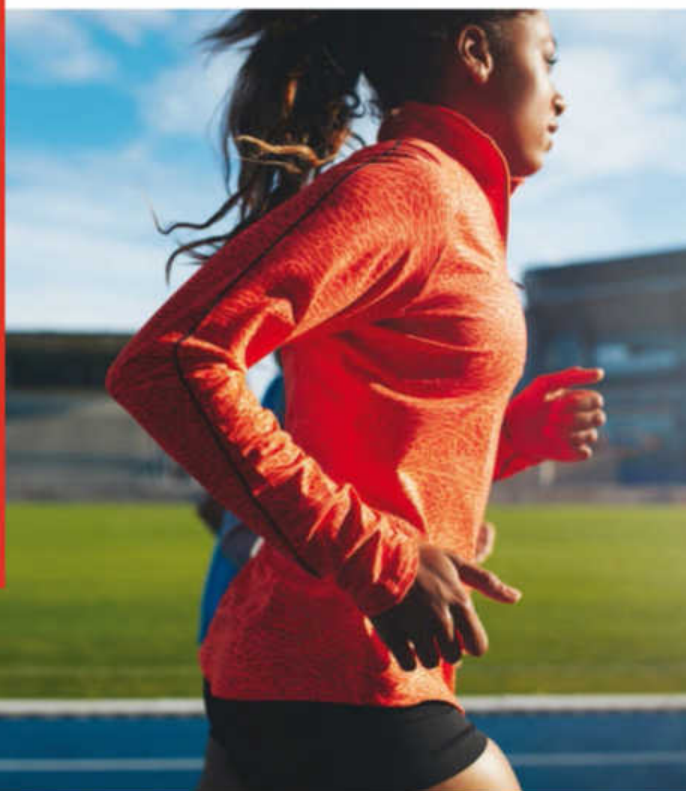
## Know When You’re Ready

When your body is ready for a race, says Hamilton, this is what you should be doing stably and without injuries, for three or four weeks:

	TOTAL MILES PER WEEK	LONG RUN DISTANCE (ONCE PER WEEK)
5K (first time)	10	3
10K (first time)	18 or more	6
Half marathon	30 to 35	11 to 13
Marathon	40 or more	18 to 20

For 5K races, higher weekly mileage and long runs will improve performance for experienced runners.

To avoid being exhausted when the race starts, taper off, meaning gradually cut back on distances, for about three weeks before a marathon, about two weeks before a half marathon, about a week before a 10K, and about three days before a 5K.



# NO TIME FOR LOW T



## WHAT MEN CAN DO TO MANAGE LOW T & RESTORE THEIR PERFORMANCE

By Gabriel Wilson, Ph.D.

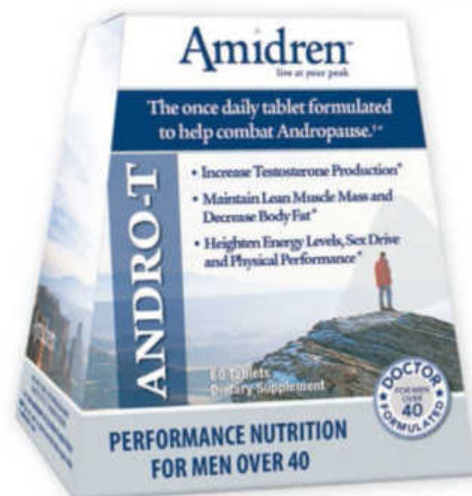
As you approach mid-life, you probably don't feel like the guy you used to be. You may have noticed that your drive, vitality and libido have lessened, while your strength and physique seem to be on a steady decline. If this description is all too familiar, you are probably aware that you may be suffering from low testosterone. Low T is so common in men that the National Institutes of Health have defined this natural life stage occurrence as "Andropause." Similar to a woman's drop in estrogen levels during menopause, men experience a shift in hormone levels after the age of 35, most notably their testosterone. But changes can also occur in other key hormones that affect your vitality.

### HOW MEN CAN DEFEAT ANDROPAUSE WITH CUSTOMIZED SUPPLEMENTATION

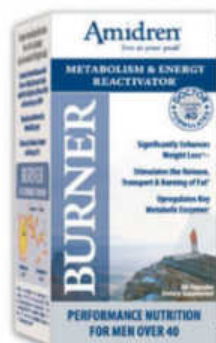
To help restore optimal male hormone balance and minimize the effects and symptoms of Andropause, an array of hormones, hormonal pathways and certain enzymes all must be

addressed. Developed by Nobel Prize Nominee Dr. Vincent Giampapa and the Sera-Pharma R&D team, AMIDREN ANDRO-T is not just an ordinary testosterone booster – it is a natural hormone optimizing solution specifically designed for men over 40. Unlike other testosterone boosters, AMIDREN ANDRO-T doesn't just increase testosterone – it helps maximize its effectiveness, while inhibiting negative side effects associated with typical testosterone boosters. Using a proprietary 5 Stage Hormone Modulation Method, AMIDREN ANDRO-T can help raise testosterone levels, as well as increase free bio-active testosterone. It can also help reduce the amount and activity of the female hormone estrogen and help inhibit production of DHT – a hormone responsible for poor hair quality and adult blemishes.

With AMIDREN ANDRO-T you can experience the power of optimal male hormone levels. Developed specifically for men over 40, AMIDREN ANDRO-T can help restore your youth and performance so you can Live At Your Peak!



- ✓ **Help Restore Testosterone and Bio-Active Free Testosterone**
- ✓ **Increase Muscle and Strength**
- ✓ **Rejuvenate Your Vitality and Libido**
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"Stretch every day," says Hamilton, "only to the point of a gentle pulling sensation, not to the point of discomfort." Hold each stretch for about 30 seconds.



month, before starting to run. And then, as long as you don't have any injury problems, begin interspersing some short, 30-second bouts of running, and gradually increase the running portions (see Online Resources for more details).

On the other hand, if you've been running regularly for at least six months and clock at least 25 miles per week, including one weekly long run of at least 6 miles, you could start a training program for a marathon—as long as you aren't dealing with any injuries. And you could be ready in another six months. But even then, it might be wiser to make your first race a shorter one. "I like people to have some experience before biting off a marathon," says Hamilton.

### RAMP UP GRADUALLY

Walk or run four or five times a week, aiming for distance rather than speed, and increase your total weekly mileage by no more than 5 to 10 percent per week. On a five-day schedule, one walk or run should be longer than the others—about 30 percent of the total. Two

others should each be about 20 percent of the total, and the remaining two should be shorter and less strenuous. This approach challenges your body on the longer days and allows it to recover and build strength on the shorter and rest days.

### AVOID INJURIES

Most often, injuries stem from increasing distance too quickly, running too fast, or not paying attention to strength and flexibility. All-around strength training is a must for everyone, and for walking and running, hip strength is especially important, as it helps to prevent knee problems. Squats are the best exercise.

Stretching calf muscles, hamstrings, and quadriceps, in the front of the thighs, will help prevent injuries. "Stretch every day," says Hamilton, "only to the point of a gentle pulling sensation, not to the point of discomfort." Hold each stretch for about 30 seconds.

And, no matter what length of race you aim for, she says, "Give yourself plenty of time to train."

## Start Walking to Fitness

Not quite ready for a marathon? Although walking isn't the only thing we need to stay in good shape, it's a great way to get active before gradually adding more intensity. If you don't already walk at least 30 minutes a day, here's one way to get started, from the American Council on Exercise:

On 5 days per week, walk each day for:

- ❖ **Week 1:** 20 minutes
- ❖ **Week 2:** 22 minutes
- ❖ **Week 3:** 24 minutes
- ❖ **Week 4:** 26 minutes

Each week, keep increasing the daily time by 2 minutes until you reach 40 minutes per day. The following week, walk for 50 minutes a day. And then the following week, after each 5 minutes of walking, jog or run for one minute. Depending upon your own fitness level, you can shorten the daily time by doing higher-intensity spurts more often. And, add some weight training to your regimen.

### Online Resources

- ❖ **How to start a walking program:** [runningstrong.com/walking.html](http://runningstrong.com/walking.html)
- ❖ **Sample walk-to-run transition program:** [runningstrong.com/transition.html](http://runningstrong.com/transition.html)
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# THE PALEO VEGAN

These inventive recipes offer a new take on the typical meat-centric Paleo fare

By Lisa Turner

Unless you've been living in a cave—like our Paleolithic ancestors for whom the diet was named—you've certainly heard of the Paleo diet by now. Based on consuming only whole, unprocessed foods, it's generally considered one of the healthiest diets around.

But after the World Health Organization (WHO) released a report last fall linking meat with increased cancer risk, many Paleo eaters took note. And with good reason: it's not the first study to link meat with higher rates of cancer, heart disease, and other illnesses. Additionally, though the Paleo diet is usually associated with high meat consumption, current studies suggest our early ancestors probably ate less meat than we originally thought.

So what's a would-be Paleo to do? Take your caveman diet meat-free! Focus on fresh vegetables, fruits, nuts, and seeds; if you're concerned about getting enough protein, make concessions to the typical Paleo regimen by adding lentils or beans to your diet, or add eggs for a vegetarian, not vegan, take on Paleo. And try these delicious meat- and-grain free selections that will please every palate, Paleo or not.



## CAULIFLOWER GRATIN

**Serves 4 to 6**

Cauliflower is a more nutritious stand-in for white potatoes in the creamy gratin, which is made with a rich, protein-packed and dairy-free sauce. For a more traditional flavor, use regular white potatoes, or try Japanese sweet potatoes.

- 1 large head of cauliflower cut into florets (5 to 6 cups)**
- 1 large leek, halved lengthwise and cut crosswise into half moons**
- 2 Tbs. olive oil**
- 1¼ cup almond milk**
- ⅓ cup cashew butter**
- ½ cup nutritional yeast**
- 2 garlic cloves, pressed in garlic press**
- ¼ cup chopped chives**

- 1.** Preheat oven to 425°F.
- 2.** Combine cauliflower and leeks on a parchment-lined baking sheet. Drizzle with olive oil and toss with your hands to mix. Sprinkle with salt and pepper and roast for 20 minutes, stirring halfway through.
- 3.** While cauliflower is roasting, in a blender combine almond milk, cashew butter, nutritional yeast, and garlic. Purée until smooth and creamy. Season to taste with salt. Transfer to a small saucepan and simmer to warm.
- 4.** Remove roasted cauliflower and leeks from oven and combine with "cheese" sauce in an 8-inch square baking dish. Return to oven. Bake for 5 to 7 minutes longer, until mixture is hot.
- 5.** To serve, divide between individual serving dishes, sprinkle with chives, and serve hot.

**PER SERVING:** 200 cal; 8g pro; 13g total fat (2g sat fat); 17gm carb; 135mg chol; 0mg sod; 5g fiber; 5g sugar

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### SPICY SWEET POTATO & COLLARD "DOSAS"

Serves 4 (makes 8 rolls)

Broad, sturdy collard leaves are ideal for rolling, and are a perfect stand-in for grains in rolls and wraps. Here, they fill in for chickpea dosas in a twist on Indian street food. Experiment with your technique; use half leaves to make smaller, dolma-type rolls, or fold over filling in a triangle shape. To make rolling easier, place raw collards rib side up on a cutting board; using a sharp knife horizontal to the cutting board, shave the center rib down slightly. Look for large, wide leaves; buy an extra bunch of collards, since you'll likely tear a few during rolling.

3 large sweet potatoes, chopped  
2 Tbs. coconut oil  
1 small yellow onion, chopped  
2 garlic cloves, peeled and very thinly sliced  
1 Tbs. red chili flakes  
1 Tbs. grated fresh ginger  
2 tsp. curry powder  
1 tsp. mustard seeds  
½ tsp. cumin seeds  
1 small lime  
3 scallions, chopped  
¼ cup cilantro, chopped  
Tomato chutney or Major Grey chutney for serving  
8 large, intact, and unblemished collard leaves (about 1 bunch)

1. Arrange sweet potatoes in a steamer basket and steam for 10 minutes, until tender.

2. While sweet potatoes are steaming, heat oil in a large skillet and sauté onion for 3 to 4 minutes, until translucent. Add garlic, chili flakes, ginger, curry, mustard, and cumin; sauté for 1 minute longer, stirring constantly and being careful not to brown the garlic or burn spices.

3. Add sweet potatoes to onion and spice mixture; stir, and mash with a fork. Stir in lime, scallions, and cilantro, and keep warm.

4. Remove and discard stems from collards. Drop leaves into a large pot of boiling water and cook for 8 minutes, until pliable but still bright green. Remove cooked collards from boiling water with tongs and drop into ice water for 30 seconds to stop cooking and set

color. Remove from ice bath, and pat dry thoroughly with paper towels.

5. To assemble rolls: place one leaf on a flat surface, with the inside surface of the leaf showing. Cut off lower inch of leaf. Mound about ½ cup of sweet potato mixture onto lower third of the leaf. Fold bottom edge of leaf over mixture, and fold sides of leaves in to cover mixture. Starting at the

bottom edge, roll leaf tightly to encase filling completely.

6. Arrange, seam side down, on a serving plate. Repeat with remaining leaves. Reserve any leftover filling for later use. Serve immediately with chutney.

**PER SERVING:** 220cal; 4g pro; 8g total fat (6g sat fat); 37gm carb; 0mg chol; 90mg sod; 7g fiber; 8g sugar



PHOTO: PORINCHAI MITTONTARE; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: ROBIN TURK

### CABBAGE ROLLS WITH TOASTED WALNUTS & TARRAGON-MUSTARD SAUCE

Serves 4

Mushrooms and walnuts stand in for meat in this cancer-fighting meal. For a more traditional and heartier take, prepare as directed, then skip the tarragon-mustard sauce, arrange in a baking dish, cover with prepared tomato sauce, and bake at 375°F for 12 minutes.

1 large head green cabbage  
2 Tbs. coconut oil  
3 cups chopped mushrooms of any variety  
2 carrots, diced  
2 parsnips, diced  
2 garlic cloves, minced  
½ cup walnuts, toasted and chopped

**Sauce:**

½ cup Dijon mustard  
¼ cup honey or agave  
1 Tbs. walnut oil  
2 Tbs. minced tarragon  
½ cup finely chopped flat leaf parsley

1. Bring a large pot of salted water to a boil. Using a sharp paring knife, cut the core out of the cabbage. Carefully lower the whole head of cabbage into the boiling water, and cook for 4 to 5 minutes, until outer leaves begin to loosen. Remove cabbage from water and carefully peel off 8 outer leaves. Reserve remaining cabbage for another use.

2. In a large skillet, heat coconut oil and sauté mushrooms, carrots, and parsnips until tender, 4 to 5 minutes. Add garlic and cook for 1 minute longer, stirring. Stir in walnuts. Remove from heat and let cool slightly.

3. To assemble, place one cabbage leaf on a flat surface. Mound a few spoonfuls of filling in the center of leaf. Fold bottom of leaf over filling, and roll up about 1/3 of the way. Fold sides in and continue rolling into a tight roll. Place on a platter, seam side down. Repeat with remaining rolls and filling.

4. To make sauce: Whisk together mustard, honey or agave, walnut oil, and tarragon in a small bowl. Season to taste with salt and pepper. Drizzle over cabbage rolls, shower with parsley, and serve.

**PER SERVING:** 370 cal; 7g pro; 20g total fat (7g sat fat); 46gm carb; 0mg chol; 780mg sod; 2g fiber; 26g sugar

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## VEGAN PALEO PIZZA

Serves 6 to 8

Cauliflower makes an intriguing and nutritious grain-free crust in this Paleo vegan alternative to pizza. Start with frozen cauliflower to cut prep time in half. If you can find golden flax seeds, they'll make a lighter, more authentic-looking crust, but using brown flax won't affect flavor or texture. You can substitute prepared vegan cheese if needed.

1 pound thawed frozen cauliflower florets  
4 Tbs. ground golden flax seeds (substitute brown flax)  
½ cup almond flour  
½ tsp. salt  
½ tsp. pepper  
½ cup thinly sliced red onion  
2 garlic cloves, finely minced  
1 cup raw cashews  
½ cup nutritional yeast  
2 Tbs. melted coconut oil  
1 tsp. salt

½ tsp. garlic powder  
3 cups baby spinach leaves  
½ cup quartered or chopped Kalamata olives  
¼ cup chopped basil

**1.** Preheat oven to 400°F. Line a baking sheet with parchment and set aside.  
**2.** Mix half the flax with 6 tablespoons of water and set aside. Spread cauliflower on layers of paper toweling or clean dish

cloths; roll up to squeeze out as much excess water as possible. Transfer to a food processor. Add flax and water mixture. Add remaining ground flax, almond flour, salt, and pepper. Process to form a thick dough.  
**3.** Spread on prepared baking sheet, using your hands to form a rectangle or a circle. Bake for 12 minutes until set and golden.  
**4.** While crust is baking, make "cheese": combine cashews, yeast,

coconut oil, salt, and garlic powder in a food processor and process until finely ground. Set aside.  
**5.** Remove cooked crust from oven and layer with onion, garlic, spinach, olives, basil, and "cheese." Return to oven for 7 minutes. Remove from oven and serve immediately.

**PER SERVING:** 310 cal; 11g pro; 24g total fat (6g sat fat); 18gm carb; 0mg chol; 740mg sod; 7g fiber; 5g sugar

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## Paleo, Unpacked

What exactly does "Paleo" mean? Generally, it's thought to be composed of foods that were available to preagricultural humans, meaning no grains and legumes and, of course, no processed foods or artificial ingredients. The basics:



✓ Grass-fed meat, poultry, and fish.	✓ Fruits and vegetables are the cornerstone; some Paleo diets restrict potato intake, while others are more forgiving of the tuber.	✓ Nuts and seeds; some seeds, like quinoa, behave more like grains in the body, so they are excluded from the diet.	✗ All grains are excluded, including corn, rice, oats, wheat, barley, and rye.	✗ All legumes, lentils, peas, soy, and beans are excluded.	✗ Dairy, including milk, yogurt, and cheese, is excluded.	✗ Processed foods and sugars are excluded, though honey is allowed on most Paleo diets.
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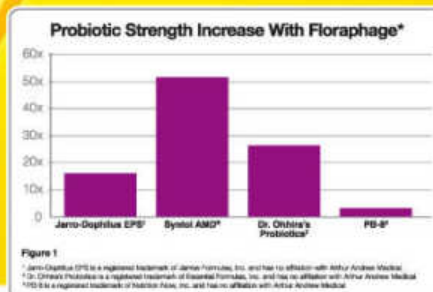
Ann Nix is the editor of *Amazing Wellness* magazine.

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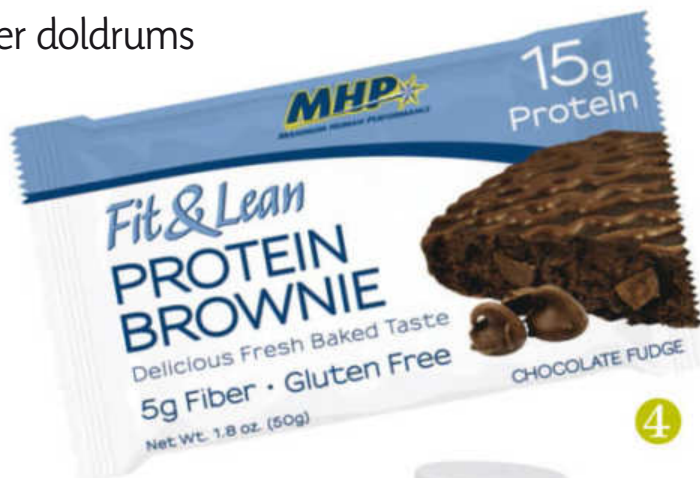


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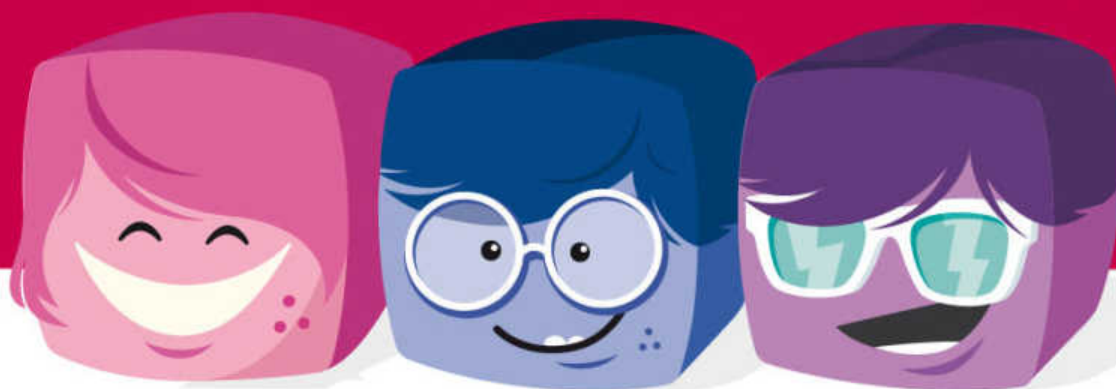
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